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Cover design: Photo at Jones Family Farm by Kvon Photography; design by Alyson Bowman; featuring red, white & blue strawberry shortcake, smoked salmon terrine and the savory garden plate.

This page: (top) Nicole DiLisi climbs Ragged Mountain in Southington, photo by David Fasulo; (bottom) Lenny & Joe's lobster roll.

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MEDIA

CEO Steve Rossi

CIRCULATION VERIFICATION COUNCIL Connecticut Magazine® (ISSN 0889-7670), a property of Digital First Media, 101 W. Colfax Ave., 11th Floor, Denver, CO 80202-5177, is published monthly by Connecticut Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year \$19.97, two years \$34.97, three years \$39.97 in Connecticut; out-of-state residents add \$5/yr. POSTMASTER: Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.

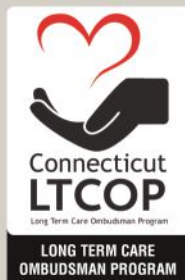
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| editor's note |

My Advice: Sleep on It

I am not a morning person.

Back in high school, I often had to get up before sunrise to have enough time to get ready to make the bus and get to school before my first class started around 7:30 a.m.

And because it was a lost cause to fall asleep the night before any earlier than midnight, I often got only six or seven hours of sleep. Battling heavy eyelids for most of the day, I might have even nodded off during some of the less-than-fascinating classes.

In my high school days, I thought I simply wasn't born with the early-riser gene. Today, science gives me a different explanation.

I now know that I was fighting a hopeless battle against the natural circadian rhythm for teenagers, a cycle that calls for sleep later at night and about eight to 10 hours of shut-eye.

So I empathize with the Greenwich High students making the case for later start times. Read the story by Kate Hartman and Erik Ofgang on page 8.

Moving high school start times later will mean more sleep for students, which will lead to an increase in alertness and, as a result, better academic performance.

Greenwich appears to be on the verge of figuring out a solution to a later start time. I'm betting other districts will follow suit before too long.

Just as high schoolers need plenty of rest to function at their highest level, so too do adults.

Want a little pampering at a luxurious seaside getaway? Try a stay at Tall Tales, the new guesthouse at Saybrook Point Inn & Spa in Old Saybrook (MaryEllen Fillo, page 11).

How about a daytrip to one (or more) of our state's dozens of wineries and vineyards? Starting on page 46, we tour more than 20 locations that pair wine with amazing dining options.

This month's restaurant review, starting on page 89, takes us to The Cottage in Westport, where the dining is fine and the vibe is relaxed.

And it wouldn't be a laid-back summer in Connecticut without a lobster roll. We had a tough time narrowing down a list of our favorites, but we take a crack at it on pages 92-93.

While to some people relaxation means fluffy pillows, ocean breezes and delectable dishes, others need a more strenuous experience. That's where writer Michael Rouleau's "Crag of Connecticut" story (page 37) comes in. Get away from the daily grind by scaling 100-foot cliff faces in some of Connecticut's most awe-inspiring locales.

We also have you covered on the health front, with the story of a state firm pushing to develop a vaccine that can stop the Zika virus (page 55), and our annual list of Top Dentists (page 60), more than 300 dental practitioners voted on by their peers.

So, remember: get enough sleep, take care of your health and set aside time for some R&R, whatever that means to you.

Albert Yuravich

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| contributor |



WRITER

Michael Rouleau

'THE CRAGS OF CONNECTICUT' (37)

Michael Rouleau is a writer/editor at Eastern Connecticut State University's Office of University Relations. He resides in Hartford, a few blocks away from his community garden plot. In addition to rock climbing and mountain biking, he often ponders over whether or not to use the Oxford comma.

Clarification: "Soak Up the Fun," a June feature on places on and near the water to have summer fun, located Wadsworth Falls State Park in Middletown. The park straddles Middletown and Middlefield, and the falls themselves are in Middlefield.



Connecticut Magazine welcomes letters. Write to Editor, Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, or email editorial@connecticutmag.com. Please include your name, phone number and address; no anonymous letters will be published. We may edit letters for space reasons or clarity.

| reader letters |

Giving *Nautilus* Its Due

A friend recently forwarded to me Erik Ofgang's June article entitled "Operation Sunshine: The Nautilus & Its Top-Secret Mission to the North Pole." I have a very special interest in Nautilus in that my father was Captain William R. Anderson, who skippered her to the North Pole. Your article was extremely well done. It brought back a flood of memories about this great submarine, her crew and making history for the United States. Your detailed treatment of the subject will allow people not even born in 1958 to experience a hallmark in naval history.

I was 13 years old in 1958 when I was mooring a small boat in the Mystic River. A television crew from CBS somehow had identified me and brought me the news of the polar transit. I still get goosebumps when I look at a photo of my dad addressing the crew at the North Pole. And I remember Admiral Rickover. At first I was scared of him, but as I grew older I became an ardent admirer. All who participated in Operation Sunshine were extraordinary Americans to whom we owe an immense debt of gratitude.

And I am troubled by the decline of the U.S. Navy. I hope that the next president will reverse that decline and make the Navy again a shining light in our country's defense. Again, thank you very much for your article. It was most noteworthy and impressive.

*Michael D. Anderson, Ph.D.
Haymarket, Virginia*

You are to be congratulated on a very fine and accurate article on Nautilus. I closely read any such articles for embellishments or non-facts and I'm happy to say that your article was one of the best I've ever read. Thank you so much for bringing to the surface, if you will, a story in history that is largely forgotten by most and probably not taught in schools at all.

I was so privileged to be a part of that story and know that it will be of great interest to all who read it. Well done, or as we say in the Navy, "Bravo Zulu."

*John C. Yuill
Cumberland, Rhode Island*

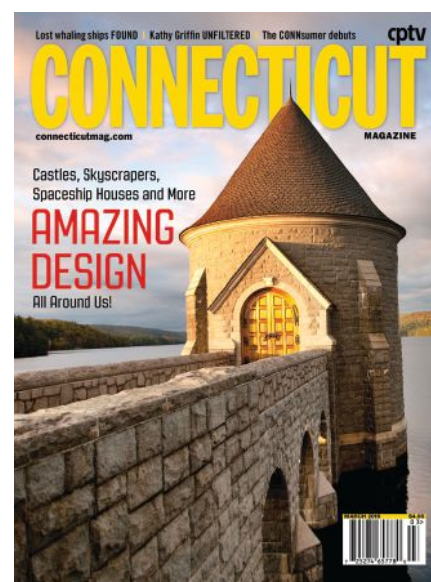
"Operation Sunshine" is a must-read, a fascinating not "put-downable" insight into the prowess of Americans.

I am definitely going to pay Nautilus a visit, to see, to touch, to smell, to inhale such a wonderful part of our history, and to honor the crew of the subexplorer Nautilus.

Thank you, thank you, thank you for such a superbly written "Operation."

Indeed it makes me proud to be an American!

*Monica Adorno
Goshen*



'Architectural Wonders' Additions

In reading the March issue, especially Erik Ofgang and Kate Hartman's "Architectural Wonders" article, I had the thought that Trinity on the Green in New Haven could easily have been included in the "Landmarks" or "Hidden Gems" examples.

*Boyd Griffin
via email*

Naugatuck High School was built in 1905 by McKim, Mead & White, the same firm that did Penn Station. The school was mentioned in Ripley's *Believe it or Not*, because Hillside Avenue had a ground-level entrance on all three stories of the school.

*John Nori
via email*

Surprised and disappointed that the breathtaking Grace Farms in New Canaan was omitted.

*Linda Thuesen
via email*



MONKEY BUSINESS IMAGES/THINKSTOCK

Too Tired to Learn

GREENWICH THE LATEST STATE DISTRICT TO CONSIDER LATER HIGH SCHOOL START TIME

BY KATE HARTMAN
AND ERIK OFGANG

Greenwich High School senior Lindsay Keller is a typical high school student. She's actively involved in sports, takes dance classes, holds down an after-school job and sometimes babysits on the side.

And just like many of her classmates, she's often exhausted.

"I can't remember the last time I woke up in the morning before school and felt entirely rested and ready to learn," says Keller. "With a 7:30 a.m. start time for my classes, I often need to be up at 6 a.m. just to get myself organized and ready for the day. This is a really difficult thing to do considering I go to bed past midnight practically every night. By my afternoon classes I have to fight my body just to keep my eyes open."

High school students today are busy. Between the requirements of the school day, expectation for extracurricular activities that will make them shine on college applications, and jobs to keep them financially afloat, many high school students find themselves running around from sunup to sundown.

Getting up in the morning in time for school can be a real challenge. Some would say, "Just go to bed earlier," but science suggests teenagers' sleep times naturally fall later in the night, and they require between 8½ and 9½ hours of sleep to be fully rested.

This information, coupled with students' performance in school, has prompted districts across the state and country to consider later start times for high school students.

Greenwich Public Schools has been in the process of examining a later start time for the past year. In June, the Greenwich Board of Education endorsed the adoption of later start times for all Greenwich schools, including the high school, which currently starts at 7:30 a.m.

The board moved to have Missouri-based School Bus Consultants analyze how early start times will impact Greenwich bus routes and traffic and then deliver a presentation to the board on Sept. 8. The earliest any changes to start times could be implemented would be the 2017-18 school year.

Other Connecticut school districts that have considered later start times include Bridgeport, Cheshire, Guilford, New Canaan, Ridgefield, Westport and West

Hartford. To date, Wilton is the only district to actually push back its start time. The district moved its high school start time to 8:20 a.m. in 2004; previously the school day had started before 8.

But the process of moving school start times back is not as easy as ABC.

To limit expenses, most school districts use a tiered-busing system, in which the same buses are used for different schools within a town that have different start times. In order to institute later start times for high school students, some communities have had to move elementary or middle school start times earlier. It is a cost-saving option to maintain the tiered-busing system, but it has received fierce resistance in Greenwich and “is off the table right now,” says former Superintendent William McKersie, who left in July after supporting a shift in start times in Greenwich. Instead, the school district will look to increase the number of buses it uses, which will come with a hefty price tag.

“This is very expensive and we’re going into a very tight budget year,” McKersie says. “It will require some very difficult decisions. I recommended this change knowing full well that the cost may become prohibitive.”

In addition to financial concerns, there is worry from some critics that later start times will cut into sports and other after-school activities. There is also concern from teachers. In Greenwich, McKersie says teachers are “strongly opposed [to a later start time], but they’re professional; they’re going to be there for what’s best for the students.”

Many of these same concerns arose when Wilton Public Schools considered making the switch 12 years ago. Wilton High Principal Robert O’Donnell was involved in the transition and recalls the largest push-back came from elementary school parents, who resisted their children being picked up earlier. The district pushed the high school start time five minutes later, from 8:15 a.m. to 8:20 a.m., to make it slightly easier on the younger students.

“It’s gone well here in the grand scheme of our educational program,” says O’Donnell. “I think it’s been a good thing for Wilton Public Schools. Some of the survey research that was done pre- and post-change says [the students] are getting more sleep each night. They are accumulating less sleep debt. That was important to us.”

O’Donnell admits that the later start times do minorly impact after-school sports. Student-athletes are sometimes dismissed slightly early depending on away games and tournaments, but the principal says the district tries to minimize that as much as possible.

“[The students] have to be proactive and



get their work [from teachers] in advance,” he says.

While O’Donnell believes that later start times were a good solution in his district, he admits it may not be for every school in the state.

“It does depend on the district. It depends on the circumstances,” he says. “I know of many districts who have weighed the variables and decided not to do it.”

McKersie agrees that Wilton may not be a suitable model for Greenwich. “They are a very different district than we are. They are a much smaller district, they’re not transporting students as far and they don’t have the large percentage of private students they’re transporting that we do.”

Patrice McCarthy, deputy director and general counsel for the Connecticut Association of Boards of Education, also agrees it is a district decision. “It’s an issue to be determined at the local level, and I think every community has to weigh the pros and cons and the logistical issues involved,” she says.

But the health benefits of more sleep for teenagers are undisputed. The National Sleep Foundation recently released recommendations that teenagers ages 14 to 17 require between eight and 10 hours of sleep a night. Young adults ages 18 to 25 require between seven and nine hours.

Dr. Daniel McNally, medical director of the Sleep Disorders Center at the University of Connecticut, says national sleep studies indicate 87 percent of high schoolers are getting less than the recommended number of hours per night. Instead, they are getting an average of seven hours of sleep.

“[There is] a biologic need for sleep. We use the term ‘homeostasis.’ The body has to keep in a regular state. Every so often you need to recharge your battery, but if that’s all it was we would be at our perkier in the

morning and sleepier before bed, but that’s not necessarily true,” says McNally. “There is also the circadian rhythm, and sometimes those two don’t always match up.

“It turns out the way [a teenager’s] circadian rhythm goes, on average, it shifts from a morning type to an evening type,” he continues. “Everyone knows that. A young child gets up and is [excited] and a teenager isn’t even awake. There is a built-in tendency by their biology to go to bed later and get up later.”

That circadian rhythm will again change as they move into adulthood, so the notion that a young person has to practice getting up early isn’t really true.

“This idea that in school [teenagers] are practicing getting up early for work is like saying a kindergartner has to practice giving up nap time,” says Phyllis Payne, implementation director for the national organization Start School Later. “Naturally it will change.

“For teenagers, I have heard experts say waking a teen at 6 a.m. is like waking an adult at 3 a.m.,” she continues. “So think about what it would feel like to wake at 3 a.m. every day, day after day. That’s like shift work. We know it’s not good for adults. It’s not good for teens.”

The consequences of teens not getting enough sleep are significant — including a lack of focus and energy throughout the day, a fall in standardized test scores, an increase in automobile accidents and an increase in depression, smoking and several other factors. McNally says just one more hour of sleep can have a measurable impact on reversing these generalized patterns. Also, the concern that moving the start time back will only inspire teens to go to bed later, therefore not accomplishing anything, is not true.

“When you delay the start time you do add to the amount of sleep kids get,” he says.

| CONTINUED ON PAGE 12 |

Jewels for Hope

MOTHER-DAUGHTER
JEWELRY COMPANY
SUPPORTS LOCAL CHARITIES

BY KATE HARTMAN

Caring for an ailing parent can be a full-time job. Sandy D'Andrea knows this very well. She spent nearly a decade looking after her mother, who had Parkinson's and dementia. She moved her mom into her home, quit her job and dedicated herself to her care.

During idle hours the Stamford resident looked for ways to fill her time.

"I'm very hyper and so I said I have to do something. I started making jewelry," she says. "When hospice came in for about six months, I started giving pieces to the nurses to say thank you. There's no way I could have done what they did."

It was right around that time that she discovered Etsy, the online artisan marketplace, and thought she could sell her jewelry and donate a portion of the proceeds to hospice care.

"I want to help people, especially caregivers," she says. "I know what it's like to be a caregiver."

In 2009, D'Andrea's daughter Stevie, who attended the Fashion Institute of Technology for advertising and marketing communications, began pitching in and helping her mom promote her fledgling business. The two formed a powerful team — mother, the creative force, and daughter, the business manager — and Jewels For Hope was born.

"I taught her how to use social media and she taught me how to make the jewelry," says Stevie. "We teach each other and we flourish from there."

The Jewels For Hope designs are a true expression of both mother's and daughter's personalities. They mix bold-colored stones and sparkling crystals. Their necklaces, earrings and bracelets come in a variety of styles, and Sandy says she's constantly experimenting and creating new pieces.

"We're both loud and eccentric. We love that bright color and shine," says Stevie. "We put our tastes in the designs. There are different styles because my mother has a different style than I do."

Ten percent of the profits from every sale are donated to charity. The company works with five organizations consistently and rotates a sixth charity every year so shoppers can select which they'd like to support. The company regularly supports



Top: Actress Jennifer Love Hewitt wears a necklace from Jewels for Hope. **Bottom:** One of the company's hand-crafted designs. PHOTOS COURTESY OF JEWELS FOR HOPE

The Connecticut Hospice, We Stop Hate, Caregivers Fund, Save the Sound and Labs 4 Rescue. This year, Jewels for Hope supports

The Food Bank of Lower Fairfield County. The mother-daughter team has also

| CONTINUED ON PAGE 12 |

Tall Tales

| first | getaway

NEW LUXURY GUESTHOUSE SPROUTS
UP AT SAYBROOK POINT INN & SPA



Above: The new Tall Tales guesthouse at right, next to 2-year-old Three Stories. PHOTOS BY FRANK GILROY

BY MARYELLEN FILLO

Tall Tales, the second luxury guesthouse and newest addition to the Saybrook Point Inn & Spa, was never supposed to be tall.

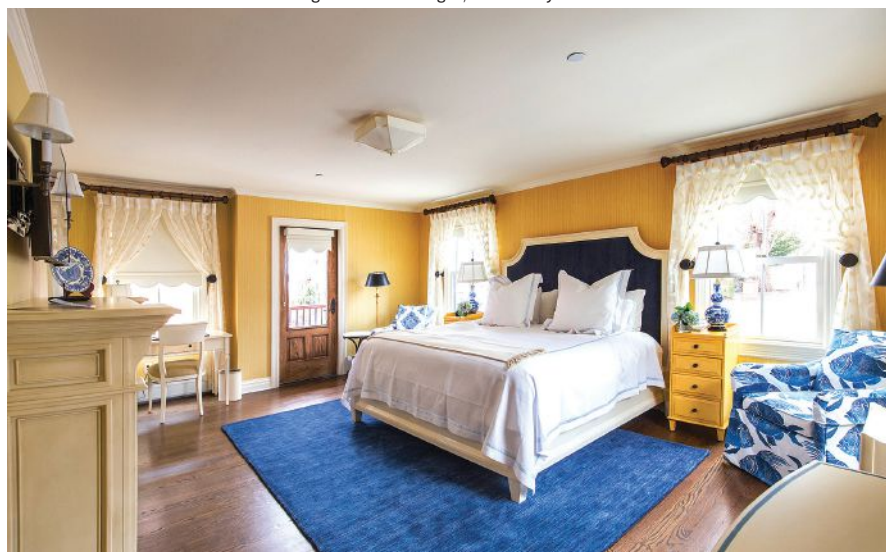
The original plan was for the new, six-room boutique “beach house” in Old Saybrook to be a bit more diminutive than the elegant Three Stories next door. But flood elevations kept rising, necessitating engineering changes that resulted in a taller-than-expected building.

“We had planned to call it Short Stories, but after the changes that didn’t work anymore,” says the inn’s general manager, John Lombardo. “So it became Tall Tales, but with its own personality.”

More contemporary than the adjacent Three Stories château on Bridge Street, Tall Tales brings a new kind of vibe to the inn and its offerings.

The coral-colored, Italianate-style guesthouse offers the panoramic views of Long Island Sound that have made all the inn properties *the* place to indulge, but step inside and be prepared for anything but tradition. Instead of the usual New England-inspired décor of heavy furniture and dark wood, there are light, breezy fabrics and wall colors, trendy, pastel chalk-painted furniture with eye-catching but minimalist accessories and carefully chosen antiques.

“It was the intent to make Tall Tales very different from Three Stories and the main inn as well,” explains Lombardo, who



worked at the inn for many years, returning last year to take over GM duties. “We wanted it to be a departure from the main inn and Three Stories. We wanted it to be beachier, more airy, younger, if you will.”

Working again with Stamford decorator Lisa Silver, inn owner Steve Tagliatela and staff wanted something more fresh feeling for the new guesthouse while still taking advantage of the area’s history and seaside location. Mission accomplished, with lots of white, as well as bright bursts of coral, lemon and periwinkle, used in each of the rooms.

“No piece of furniture is repeated anywhere,” explains Lombardo. “We wanted each room to be different, and we think

people appreciate that because it adds value and makes a stay an individual experience.”

Rooms feature fluffy, oversized beds, spacious bathrooms with high-end, marble showers and pristine bubble tubs, romantic electric fireplaces, high-def televisions and balconies with teak furniture offering a place to relax and enjoy the water views. There is a billiards room, an outdoor bocce court and a beautifully landscaped courtyard.

Just like Three Stories, Tall Tales’ centerpiece is the first-floor common room, a living room-like setting complete with fireplace and comfortable couches providing a place to socialize. Wake up and you will find fresh muffins, coffee and juice waiting for you.



And then there are the things you might not notice right away.

The new guesthouse, like its neighbor, boasts the best when it comes to energy-saving efforts, including eco-smart thermostats, excess-energy recycling and on-site ports for electric car owners who need to “fuel” up.

While Tall Tales touts a new attitude at the inn, there are some tried-and-true things you just don’t mess with.

Like Three Stories, Tall Tales has named each of its rooms for someone historically connected with the area.

So when you arrive, plan to educate yourself a bit as you read about the prominent people being honored at each room. The soft teal-and-white Adriaen Block Room is named after the 16th-century explorer for whom Block Island is

named. The gold-and-gray General William Hart room is an homage to the prosperous merchant known for living lavishly and frequently entertaining.

One of the rooms is also a first of its kind.

Barbara Maynard, a longtime community leader, is the only living person to ever be chosen to be honored by having a room named after her. The suite, also called the Mother’s Den, almost shimmers at sunset thanks to its coral, pink and white décor.

While guests may be hard-pressed to leave their room, all the inn amenities, including the Sanno Spa, pool and Fresh Salt restaurant, are also available.

Rooms at Tall Tales start at \$399, depending on the day.

860-452-0035, saybrook.com

Jewels For Hope

CONTINUED FROM PAGE 10

donated a significant number of pieces to raffles and charities. Stevie says between product and monetary donations, Jewels For Hope has donated between \$5,000 to \$10,000 over the last few years.

In 2011, Jewels For Hope discovered The Artisan Group, an entertainment-marketing organization that gives a juried group of small businesses the opportunity to include their hand-crafted products in celebrity gift lounges and on national television shows. Through the connection, Jewels For Hope pieces have been included in gift bags at last year’s Oscars and on several television shows, including *Bones* and *Law & Order: SVU*.

While it’s not confirmed yet, the D’Andreas hope their jewelry will appear in the last season of *The Vampire Diaries* and *Pretty Little Liars*.

“We are so blessed that we found this group,” says Stevie. “We have a lot of people who have purchased because they saw our jewelry on TV.”

It seems like this is only the beginning for Jewels For Hope. While Stevie still has a full-time job, she says both she and her mother are fully dedicated to their business. They hope to get into a few local boutiques this year.



COURTESY OF JEWELS FOR HOPE

“My mom will easily make pieces every single day and I will promote every day,” she says. “We are always working.”

Shoppers can purchase pieces through the Jewels For Hope website and Etsy page. Find something you love for yourself or give it away as a gift. Either way, you’ll be supporting local charities and giving back to caregivers who do so much for others on a daily basis.

jewelsforhope.net

|Too Tired|

CONTINUED FROM PAGE 9

“Everybody used to be really worried, if we just start later they will go to bed later. That’s just not what happens. They do get more sleep. Sometimes it’s an hour more or 45 minutes more or a half-hour more. There are measurable improvements.”

The science clearly supports more sleep for young people, and McNally fully endorses the idea of later start times for all school districts. As he says, “All the kids need this.”

“I think the biggest obstacle to change is fear of change,” says Payne. “It’s a natural place that our brains go when we hear about change. We go to what’s going to be bad about it. We know that all of those logistical challenges that a school district has to deal with have been solved with the current schedule. What we need to know is that it can be solved with the new schedule. Other school districts have done it.”

Wheatleigh Dunham, a Greenwich High School parent who supports later start times, says, “It’s now not an issue of whether or not the science behind this is real, it’s how to craft an implementation plan that really suits our community.” He likened the situation to when smoking was first outlawed in restaurants and bars in states like New York and Connecticut. There was initial resistance, but people came around.

“I feel as though no teen is capable of living a healthy and fulfilling lifestyle when their bodies are working on so few hours of sleep each night,” says Keller, who will graduate before later start times at Greenwich might be instituted, but still believes it is important for future students. “If our schools were to delay a start time, it would give students the chance to rest a bit more, which regardless of how few hours, I can say from personal experience, makes a tremendous difference.”

1. Nearly 600 people attended the June 14 **Rose of Hope Luncheon** in Fairfield for Bridgeport Hospital's Norma Pfriem Breast Center and heard Grammy-winning singer-songwriter Melissa Etheridge recount her personal breast cancer journey. Proceeds from the luncheon reached \$580,000, exceeding last year's total by more than \$30,000. From left: event co-chairs Kelly Scinto and Donna Twist, keynote speaker Melissa Etheridge, and event co-Chairwoman Linda Blackwell.

(photo by Jamie Collins)



2. The second annual **Amy's Angels Kentucky Derby Party** at the Golf Club of Avon drew more than 200 people decked out in festive garb befitting Derby Day. Amy's Angels supporters raised \$15,000 to help 6-year-old Sophia, who has a debilitating disease called Rett syndrome, get "over the finish line" to pay for a handicapped-accessible van that she and her family needed. From left: Bonnie Liistro and Terry Korsen of Farmington, Michelle Olesen Rossetti of Hartford and Denise Connolly of Farmington.

(photos by Denise Connolly, Brian Connolly)



3. The fourth **Chili Challenge for a Cause** drew hundreds of chili fans who braved the rain to taste and vote for their favorite chili. The winner of the challenge, chef Alberto Del Mastro of the Hearth at Gardenside, chose the Women and Family Life Center in Guilford as his charity of choice. Ed Lazarus, Shoreline Chamber of Commerce president, presented the check to the Center. From left: Anna Munafo, Shoreline Chamber; Mirjana Toyner, development director, W&FLC; Chris Guandalini, Mobeck-Guandalini Insurance; chef Alberto, Hearth at Gardenside; Sally Esborn, Mosaic Printing; Peggy Britt, W&FLC; Lazarus; Julie Rowbotham, Hearth at Gardenside; Melissa Boyle, Hearth executive director; Tawana Joyner, Hearth director of community services.

(photo courtesy of Shoreline Chamber of Commerce)



4. The **2016 Special Olympics Connecticut Summer Games**, sponsored by United Technologies Corp., were held at Southern Connecticut State University in New Haven. This year's event drew nearly 2,500 athletes and Unified Sports teams, more than 500 coaches and 2,900 volunteers, including 400 volunteers from UTC. Pictured are a few of the many UTC volunteers along with UTC event committee members Cyndi Esposito and Nancy Hemingway, standing at right in dark blue shirts.

(photo courtesy of United Technologies Corp.)



5. Broken Promises, a 501(c)(3) nonprofit dedicated to helping struggling single-parent families and their children, held a **fundraising event at Zorya Fine Art gallery** in Greenwich. The event launched the "Help is on its way!" campaign for all of Fairfield County. From left: Eda Peterson; Joy Rendahl, board member, Broken Promises Foundation; Peter Tesei, Greenwich first selectman; Richard Spangenberg, founder and executive director, Broken Promises Foundation; Livvy Floren, state representative; Nora Maloney.

(photo by Seth Goltzer)



Send your photos to steppingout@connecticutmag.com.



At The Barn Sale, Volunteers Keep on Dealing

Maureen Cunningham still vividly recalls that antique converted oil lamp with the marble base and two glass globes she saw at The Barn Sale, a consignment shop in Hamden, 48 years ago.

"It was white on the inside and the outside was a gorgeous green. They wanted \$25 for it," she says ruefully. "That was a lot of money in those days. It didn't sell at first, so I kept coming back to look at it, waiting for it to be marked down. One day when I was there, another customer told one of the store's owners (Rhoda Reigeluth) she really wanted that lamp, so Rhoda said to her, 'Darlin', what would you like to pay for it?' The woman offered \$15 and walked out of the store with it."

Stifling her shock and sorrow, Cunningham immediately asked Reigeluth, "How do I get to volunteer here?"

She was signed up on the spot, joining the roster of dozens of enthusiastic volunteers who have kept the store going for 50 years.

Perhaps the reason The Barn Sale has endured for a half-century is that there's no other place quite like it. The prices are reasonable for such a wide array of items. Besides, customers can feel good about supporting a place that donates 50 percent of its proceeds to local charities such as the Beardsley Zoo in Bridgeport and the Community Soup Kitchen in New Haven.

The other half of the sales go to people whose clothing, furniture, dinner sets, etc., are sold. If the item doesn't sell within a month, its price tag is reduced by 50 percent. One month after that, if it's still hanging around, it will be donated to a charity.

Cunningham is now the president and manager of The Barn Sale, located at 2407 Dixwell Ave. in Hamden's prime shopping district. "People come in and say, 'I've been driving by this place for years and I decided I just had to stop and take a look. Oh my God, this is amazing!'"



Mary Hunt, 95, of Hamden, is a volunteer at The Barn Sale. In its 50th year of operation, the Hamden thrift store depends on its elderly volunteers to keep it running smoothly. The Barn Sale raises funds for volunteer projects. PETER HVIZDAK

It's true; you don't know where to look first in those several rooms packed with memorabilia and useful household fixtures. When I walk in one day in late June, my eyes are drawn to a framed painting near the entryway depicting President John F. Kennedy walking with Pope John XXIII as they sprinkle seeds on a garden. The asking price: \$10, which would be reduced to \$5 if it hadn't been sold by July 14.

You will also behold lines of glassware, tea cups and plates as well as cases full of jewelry. They've got old magazines (*Life*, *National Geographic*) for \$2 and record albums that go for 50 cents each (Rodney Dangerfield's *Rappin' Rodney*).

"I mean, where else are you going to find two Jackie Kennedy dolls?" Maureen asks, pointing to the damsels on display in the window (\$30 each).

Cunningham is also fond of a large marble turtle (originally \$100, marked down to \$50), not far from a Raggedy Ann doll (originally \$10, then reduced to \$5).

Wearing pants and sandals purchased at The Barn Sale, Cunningham's work desk is near a wooden sign reading "God bless this holy mess." She notes, "We're our own best customers."

Indeed: Rose Maisano, a 15-year volunteer, walks by attired in an elegant turquoise dress and beads, all from The Barn Sale.

There are now 28 volunteers. When I ask Cunningham if any of them are male, she says, "Not anymore. He went to a nursing home."

The oldest volunteer is Mary Hunt, 95. She has been there for more than 30 years but has cut back to Wednesdays only. "It's a wonderful place to work," she tells me.

"There's good rapport here. It keeps your mind busy. And the treasures you can buy! Too many to count."

The first runner-up in the age category is Eleanor Nolan, 93. She figures she's been volunteering for about 55 years. "It's in my blood now. It's habit. I wake up Wednesdays and think, 'Oh, it's Barn day!'"

When it opened in 1966, the store was called the "S.S. Hope" because the three original owners had seen a movie called *Hope in Peru* about the hospital ship *USS Hope*. The "barn" name eventually came about because, at one time, the store's first site in Hamden really was a barn.

Cunningham says customers come from all over Connecticut, as well as Maine, New York and New Jersey.

But she recalls a satisfied customer living quite nearby who walked in one day in desperate need of a wedding gown. "She was so sad when she came in. She said, 'I'm never going to find anything.' But then we showed her a custom-made gown and her face lit up. It fit her so well. She was so thrilled that she was crying. That's why we work here: all these wonderful things happen."

They let her have the gown for just \$25.

Cunningham, meanwhile, is still pining for that lost lamp.

The Barn Sale (203-248-9185) is open from 9 a.m. to 2:30 p.m. Tuesday through Friday; 10 a.m. to 3 p.m. Saturday; and 11 a.m. to 3 p.m. Sunday. It is closed Monday. There is no website but the store is on Facebook: The Barn Sale Hamden.

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.

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|community|

BY KATE HARTMAN



PHOTOS COURTESY OF THE GIRL SCOUTS OF CONNECTICUT



THE ORGANIZATION: Girl Scouts of Connecticut

THE STORY: As a little girl, I was a Brownie. It was the thing to do — an obvious after-school activity for girls my age. Years later, my younger sister would attend our local Girl Scouts camp in Pennsylvania despite not being a Girl Scout. She, like I did, stepped off the path after a brief career as a Brownie, but continued to go to camp because of all the fun activities. Between swimming, camping, archery and crafts, she was never bored and made many new friends.

The Girl Scouts are designed for exactly that purpose — to keep young girls busy, active and empowered in their local communities. The Girl Scouts of the USA was established by Juliette Gordon Low in 1912. And while the world has changed over the last 104 years, the essential mission of the organization has not.

“Fundamentally it’s still a girl-empowerment organization,” says Girl Scouts of Connecticut CEO Mary Barneby. “[It was founded] to give girls the opportunity to do things they weren’t allowed to do because of the mores of society. We think of ourselves as a movement to thrive and achieve to their full potential. We’re helping girls understand they can lean in and experience things.”

The Girl Scouts programs and activities are driven by the organization’s national portfolio, called the Girl Scout Leadership Experience. Over the years, the organization has added modern programs that focus on STEM (Science, Technology, Engineering and Math) education, anti-bullying, positive body image and other relevant topics.

In Connecticut, the council serves nearly 35,000 girls between kindergarten and 12th grade. It also works with more than 17,000 adults, making the Girl Scouts the largest leadership-development program for girls in the state.

The Girl Scout Cookie Program is probably the organization’s most visible initiative. We have all seen the troops standing outside grocery stores selling their binge-worthy cookies, but the program’s goal extends far beyond giving the public a sugar high. The girls must use five essential life skills — goal setting, decision making,

money management, people skills and business ethics — to be successful. In the 2014-15 year, the Girl Scouts of Connecticut sold 2.4 million boxes of cookies.

“They are earning money that goes right back to them. [About] \$2 million [went] back to the troops directly,” says Barneby. “Very often they’re taking that cookie money and putting it toward their take-action projects.”

Philanthropy and giving back, either monetarily or with their time, is a very important piece of the Girl Scouts puzzle.

Girls of all ages complete action projects and work toward awards. The three highest awards in Girl Scouting are the Bronze Award, the highest recognition earned by a Girl Scout Junior; the Silver Award, the highest recognition earned by a Girl Scout Cadette; and the Gold Award, the highest and most prestigious award for Girl Scout Seniors and Ambassadors.

This year is the 100th anniversary of the Girl Scout Gold Award. Since 1916 about 1 million Girl Scouts have earned the award nationally. That equates to less than 6 percent of all Girl Scouts. Eighty-six Connecticut girls earned the award this year.

Every candidate must complete a Gold Award Project, which must address a community issue and come to a sustainable solution. Girls must dedicate between 80 and 100 service hours completing their project.

The Girl Scouts of Connecticut has a lot to offer. Between its activities and summer camps, there are plenty of ways for young girls to get involved and become invested in their own success.

“We’re the best thing in town no one knows about,” says Barneby. “People look at us in a unilateral way. They think we’re just cookies. Our biggest competitor is coolness. If parents knew what girls could get from Girl Scouting, they might be more inspired to introduce their girls.”

gsocfct.org

If you have an organization with an event that you’d like us to consider for the Community page, please send the details to khartman@connecticutmag.com.

this month

BY KATE HARTMAN

AUGUST 2016

THE SHORT LIST | FRONT ROW | DICK CAVETT
CHALK ART FESTIVAL | BLUEGRASS | BACKSTAGE

SET SAIL

Boats will rip through the water when the Model Yacht Regatta returns to the Mystic Seaport waterfront this year from Aug. 5-7. Boats in the J Class (scale replicas of the full-size, J-class yachts that competed for the America's Cup from 1930 to 1937) and the East Coast 12-meter Class (scale replicas of the 12-meter *Columbia*) will set sail from the North Dock beginning at 9:30 a.m. all weekend. The event is hosted by the Mystic River Radio Sailors (AMYA CLUB #39) in association with the American Model Yachting Association. All of the seaport's regular activities, including exhibits, boat rentals and cruises, will also take place throughout the weekend, and access to the regatta is granted with a regular admission ticket to the seaport.

MODEL YACHT REGATTA

AUG. 5-7 | MYSTIC SEAPORT

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| this month | the short list



◀ SUNFLOWER FUN

Wander through more than 350,000 blooming red and yellow sunflowers at **Lyman Orchards' original Sunflower Maze** this summer. This year, the design of the maze will pay homage to the Lyman family, celebrating 275 years of farming on the Middlefield homestead. In the 1850s David Lyman founded the Airline Railroad connecting New Haven and Willimantic. In commemoration, this year's maze will be shaped like an 1850s-era train. The Sunflower Maze will be open from July 30 through Aug. 28. lymanorchards.com

TEE OFF

This August, some of the world's best golfers, including Patrick Reed, Louis Oosthuizen and Zach Johnson, will return to Connecticut for a week of competition at the **Travelers Championship**. Golfers will tee off at Cromwell's TPC River Highlands from Aug. 1-7. Last year's winner, Bubba Watson, will return to defend his title, and 156 other golfers will try to claim it for themselves. travelerschampionship.com

See August 2016 calendar listings at connecticutmag.com/calendar

SHAKESPEARE IN THE PARK

There will be magic in the woods this summer when the **Elm Shakespeare Company** stages William Shakespeare's classic tale *A Midsummer's Night's Dream* in New Haven's Edgerton Park Aug. 18 through Sept. 4. All shows begin at 8 p.m. and are free to the public. Donations are appreciated. Bring a lawn chair and relax with a picnic dinner and a bottle of wine while you enjoy some world-class theater al fresco. elmshakespeare.org



◀ LOVE/LOVE

Several of the best pro female tennis players on the WTA tour will take part in this year's **Connecticut Open** from Aug. 19-27, including four-time champion Caroline Wozniacki and rising American star Shelby Rogers. Plus, your favorite legends are back to challenge each other. On Aug. 25, John McEnroe will play James Blake, and the next day, Andre Agassi will challenge Mardy Fish. ctopen.org

SMOOTH JAZZ

Connecticut's premier jazz event is back. An impressive lineup of artists will descend on the Goshen Fairgrounds Aug. 6-7 as part of the **Litchfield Jazz Festival**. Highlights include the Richie Barshay Trio with Jimmy Green, the Daryl Johns Trio with Orrin Evans "Saluting Erroll Garner's Concert by the Sea," and the Curtis Brothers Trio with Donald Harrison. There will also be a fine arts and crafts exhibition. litchfieldjazzfest.com



▲ ISLAND VIBES

Authentic Caribbean food and thumping island rhythms will come together at the Mortensen Riverfront Plaza in Hartford on Aug. 6. The **Taste of the Caribbean & Jerk Festival** highlights everything that's great about the islands, from food and drink to over-the-top costumes and energetic dance performances. Everyone is invited to come and discover Caribbean culture at this free event. The festival will begin at 1 p.m. and dance through the night. riverfront.org

WOOFSTOCK

Grab your furry friend and head out to Branford on Aug. 13 for the third annual animal-lovers event, **Woofstock on The Branford Green**. Live music will entertain visitors from noon till 6 p.m., and all proceeds go to support the Dan Cosgrove Animal Shelter, which looks after shelter animals who require specialty care for medical issues, surgeries and rehabilitation. facebook.com/BranfordWoofstock

| this month | front row

Any Connecticut resident who's been around a while knows of **Jim Calhoun**. The beloved former head coach of the University of Connecticut men's basketball team made a name for himself by leading his team to three national championships and seven Big East tournament championships. He's coached some of the greats including Ray Allen, Richard Hamilton and Kemba Walker. But his legacy extends beyond the court. Calhoun and his wife established the Pat and Jim Calhoun Cardiology Center at UConn Health in Farmington, he is active in local charities and is a national spokesperson for Autism Speaks.

For the last 18 years, Calhoun has hosted his annual **Jim Calhoun Celebrity Classic Charity All-Star Game** with all proceeds going to support the cardiology center. To date the event has raised about \$8 million. This year the game will take place at Mohegan Sun Resort Casino in Uncasville on Aug. 12.

JIM CALHOUN CELEBRITY CLASSIC CHARITY ALL-STAR GAME

AUG. 12 | 7:30 P.M.

MOHEGAN SUN RESORT CASINO

1-888-226-7711, calhounallstargame.com

Why is the cardiology center important to you, and why does the all-star game raise money for it?

Unfortunately my dad died of a heart attack when I was 15. That was difficult in my life. I wanted to do something so other kids didn't have to go through that. My mom died when she was 55. Losing both parents over a 15-year period, I wanted to do something.

Why did you choose the all-star game as a way of raising money?

[The game] made good sense. I wanted to give back to the university I loved, the state that became my home. The first time it wasn't that much, but then it grew to \$100,000 and then \$200,000 for a few years and then a few years ago it reached \$300,000. I think we've raised between \$7 million and \$8 million.

What sort of impact does the game make on the center?

There's great awareness because of the event. It makes people aware of all kinds of medications, and the identification of heart problems is so critically important. The director of the cardiology program comes out and talks about where the money goes and how it's used. He talks about a lot of the informational things you should know.

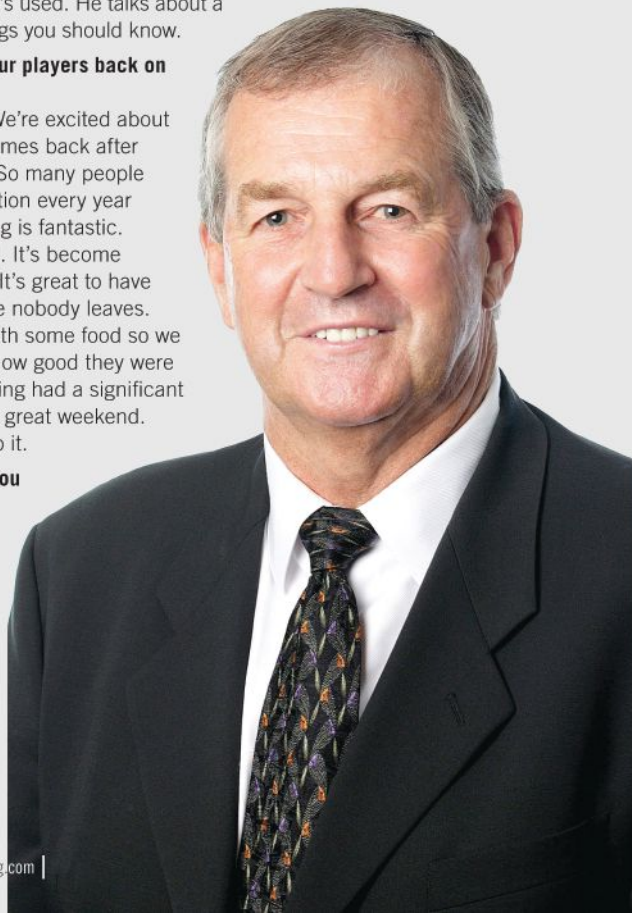
What's it like to have your players back on the court?

It becomes a reunion. We're excited about everybody, anyone who comes back after 10 or 15 years and plays. So many people support this. It's a celebration every year they come back. Everything is fantastic. It's been very, very special. It's become an annual rite of summer. It's great to have them there. After the game nobody leaves. We usually have a party with some food so we can talk. They talk about how good they were and how tough I was. Playing had a significant impact on their lives. It's a great weekend. Everybody looks forward to it.

Why is it important for you to give to charity and act as a spokesperson?

I think the opportunity to be given a microphone because of the position you find yourself in, for me being a national basketball coach, it allows you to do the most important thing, which is help people.

| KATE HARTMAN |



Cover photo by Rogers Photography – www.RogersPhoto.com

FALL | WINTER
2016

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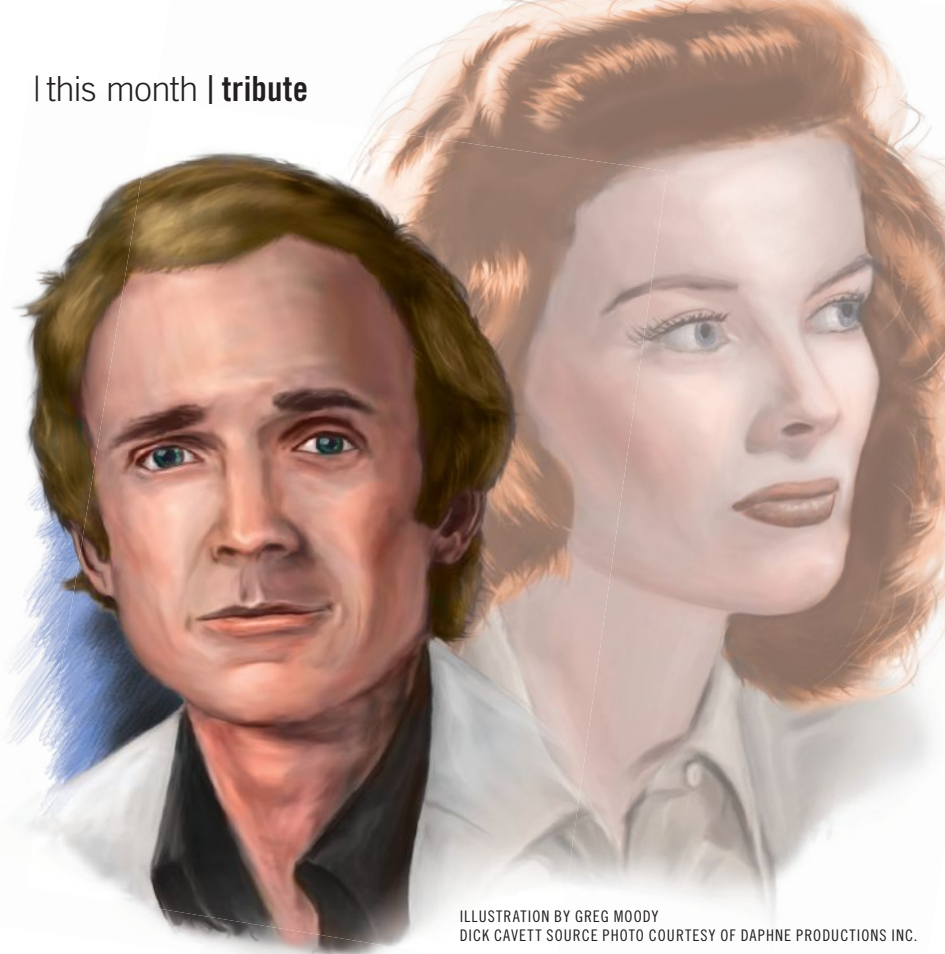


ILLUSTRATION BY GREG MOODY
DICK CAVETT SOURCE PHOTO COURTESY OF DAPHNE PRODUCTIONS INC.



Scenes from Dick Cavett's interview with Katharine Hepburn in 1973. COURTESY OF DAPHNE PRODUCTIONS INC.

Kate's Spirit Lives On

DICK CAVETT HONORED
WITH INAUGURAL SPIRIT OF
KATHARINE HEPBURN AWARD

BY KATE HARTMAN

"One of the facts of life of doing a talk show is that some of the most interesting people in the world won't do them. One of them is Katharine Hepburn," television personality Dick Cavett said at the opening of his now famous two-part interview with Hepburn in 1973 on *The Dick Cavett Show*. "She has spent most of her life avoiding the press and I wish I had a nickel for every time someone has said, 'Wouldn't it be wonderful just to sit and listen to that woman talk?' Well, one afternoon recently, never having been on television, she agreed to come into my studio for a test only to check things out to see how it looked and felt. She checked the cameras, the lights, these chairs, the temperature in the studio, she pronounced the carpet ugly and then she surprised me by suddenly saying, 'Why don't we just go ahead and do it now?' And we did."

What followed was a lengthy, relaxed conversation that meandered through Hepburn's life and career. She was open, her feet propped up on the small coffee table in front of her and her hair imperfectly coiffed. She guided the conversation where she

wanted, offering anecdotes and stories that delighted the few crew and musicians lucky enough to be there that day.

"I don't know who would be better than she was," Cavett told *Connecticut Magazine* in a recent interview. "It's hard to have a dull moment with her. When yours and the guest's eyelids start drooping, you wish Miss Hepburn was there again."

That interview would come to define Hepburn to the public in many ways. It captured her feisty, winning personality, which is something the Katharine Hepburn Cultural Arts Center in Old Saybrook has tried to keep alive through its programs and busy schedule of events.

This year, The Kate has created a new award called The Spirit of Katharine Hepburn Award to honor and celebrate Hepburn's infectious spirit, and Cavett has been chosen as the first recipient. The award, which captures the likeness of Hepburn and was created by artist and Lyme Academy College of Fine Arts faculty member Kimberly Monson, will be given at The Kate's annual Summer Gala on Aug. 27.

"Not only does [Cavett] embody the spirit Katharine had in his career and his enjoyment of life, he really helped capture that out of her for the population," says Director of Development and External Relations Dana

Foster. "The way she was sitting, the repartee they had, it really drew out her spirit. When we were talking amongst the staff about the award and who might be a recipient of this, it really came through that he really was a core person in capturing her spirit."

While Cavett is the first recipient, the award has not been designed as an exclusive celebrity award. In the future, recipients could be local celebrities or community members who embody Hepburn's spirit. However, Executive Director Brett Elliott says, "While there are still folks around who had a connection with Kate, we want to honor them. They won't be around forever."

The Summer Gala will take place on the historic Old Saybrook Town Green on Aug. 27 beginning at 6 p.m. with hors d'oeuvres and cocktails followed by dinner and dessert complemented by a live silent auction. The Eternity Band will provide live music, and dance instructors from the Arthur Murray Dance School will get everyone up on the floor. Cavett will be present to accept the award and share stories about his time with Hepburn.

Guests are encouraged to wear elegant attire. Individual tickets range from \$250 to \$500. Tables of 10 can be reserved at three different levels for \$2,250, \$3,000 or \$4,000. thekate.org

| this month | art

Chalk It Up to Creativity

THE SHOPS AT YALE
PRESENTS INAUGURAL
NEW HAVEN CHALK ART FESTIVAL

BY KATE HARTMAN

Who didn't love coloring all over the driveway or sidewalk with a rainbow array of chalk when they were kids? For some, that childhood hobby never wanes. Chalk art has seen a boost of interest over the last several years as people post photos of incredible designs they come across online and artists push themselves to craft more complex and illusionary pieces in public places.

Local chalk artist Michael Micinilio is one such talent. He has made a name for himself in downtown New Haven as a resident artist who creates one-of-a-kind pieces for BAR, The Wine Thief and Four Flours Baking Co. over the last 15 years. He creates whimsical chalk art for both commercial and private clients as well as gallery showings.

When the team behind The Shops at Yale was considering a family-friendly summer activity, a chalk art festival seemed like a great fit. Unlike anything else the city has hosted before, the inaugural New Haven Chalk Art Festival will bring together professional artists like Micinilio with amateurs and children to create a whirlwind of colorful creativity on the Broadway Island on Aug. 20.

"We've heard of the popularity of chalk art festivals around the U.S., and we thought this particular parcel would be good for that," says David DelVecchio, director of real estate asset management at Yale University Properties. "It's flat. There are some asphalt



ARTWORK BY MICHAEL MICINILIO

surfaces and there is electricity for music. With Yale's tie to the arts and music, we thought this would be a good fit."

Artists in four different age groups — youth division (ages 6-12), teen division (13-17), adult division (18 and older) and adult group division (groups of two or more representing an art group, organization or family) — will compete for prizes throughout the day.

There is no fee to participate, but everyone, except the children in the youth division, are encouraged to register ahead of time. Each artist will be given a 3-foot-by-3-foot square with which to work. Check-in will take place at The Shops at Yale tent on Broadway Island between 10 and 11:30 a.m. and artists will have until 5 p.m. to complete their piece of original artwork. Artists must bring their own materials, and chalk must be water-based. Crayola Chalk will be pro-

vided for the youth division freestyle.

All work will be judged by Micinilio and prizes will be awarded beginning at 5:30 p.m. First and second place will be awarded in each division. Prizes are \$50 or \$25 gift cards to New Haven-area restaurants and cafes. The grand prize is a \$500 gift card to Hull's Art Supply & Framing. The public will be able to select their favorite pieces in each division for a People's Choice prize.

Micinilio will also create a one-of-a-kind piece of artwork throughout the day.

"They will see him in action. They will see the start to the finish," says Stephanie McDonald of Yale University Properties. "Throughout the day these pieces will come alive. It's a moment of art. You see it that day, and then it fades away."

The New Haven Art Festival is intentionally scheduled on the final day of the Connecticut Tax Free Week. DelVecchio says it is an opportunity for visitors to take advantage of some great deals at retailers like J. Crew, Apple, Urban Outfitters, KIKO Milano Cosmetics and Barbour, and area restaurants like Tarry Lodge, Maison Mathis, Thali Too and more. There will be additional discounts on top of the tax-free status, as well.

Music will be provided by groups from the Neighborhood Music School. Its premier jazz ensemble will play from noon to 2 p.m. and the Andrew Fermo Trio will perform from 2:30 to 4:30 p.m.

"There's nothing like that in New Haven. It's family friendly," says McDonald. "The response so far has been tremendous."

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| this month | **music**

Podunk Bluegrass Festival Turns 20

IMPRESSIVE LINEUP
CELEBRATES ANNIVERSARY

BY KATE HARTMAN

If you love bluegrass music, there's no better place to be this summer than the Hebron Lions Fairgrounds in central Connecticut.

The Podunk Bluegrass Festival has been drawing music lovers from around Connecticut and the Northeast for 20 years, and organizers plan to mark that major anniversary with a fun lineup including some of the festival's most popular bands. This year's event will run from Aug. 11-14.

"The Del McCoury Band is coming back," festival director C. Roger Moss says of the highlights. "We're always excited to have Del back. We have a top-notch lineup."

Other highlights include Alison Brown, who has Hartford connections. She will be hitting the main stage on Friday, and bluegrass powerhouse Claire Lynch will perform on Sunday.



PHOTO BY TED LEHMANN



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"Claire Lynch is saying she won't be touring much after this year," says Moss. "That's a very inexpensive ticket for people who aren't very familiar with bluegrass. It's a good introduction."

Fourteen acts will grace the main stage and 17 bands will play on the acoustic stage throughout the weekend. Five bands will take part in the On Deck Sound Studio Showcase on Thursday on the acoustic stage.

The festival's annual Telefunken Band Competition will take place on Thursday from 5:30 to 7:30 p.m. This regional talent competition allows bands to compete for the chance to perform at next year's

festival. Four bands will compete, and last year's winner, Cold Brook Road from Pennsylvania, will appear this year.

"There's a lot besides the music," says Moss. "There are lots of great food and craft vendors. We have a free kids academy for those who play an instrument or want to learn. They can participate in that at no charge."

There are also plenty of workshops for adults that cover topics from songwriting to websites and social media. Several musicians, including McCoury, Brown, Ronnie Reno and Sierra Hull, will also lead workshops.

The Podunk Bluegrass Festival was born in East Hartford and stayed there for 16 years before costs forced it to move to Norwich for a year. After the 2013 show was canceled, it moved again and settled in Hebron.

"The fact that we were able to survive moving three times in four years and changing weekends just really shows the dedication we have of our volunteers and board to put on a first-class musical event that brings people from all around to Connecticut," says Moss.

In the end, the Hebron Lions Fairgrounds turned out to be the perfect location because there is a permanent stage, plenty of space, and water and electricity hookups for campers.

A variety of ticket options include day passes, premium tickets for the full festival, VIP tickets, late-night tickets, "rough camping" for campers without electricity hookups and camping with amenities. Visit the website for full ticket details. Moss encourages people to buy online ahead of time because the cost is slightly cheaper than buying at the door.

"We have the Podunk reunion song, which was written at one of our festivals," says Moss. "It talks about people coming back and getting together once a year. This festival brings people together. They gather up and enjoy a common bond, which is bluegrass."

podunkbluegrass.com

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22 Kevin Costner & Modern West
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24 Kenny Wayne Shepherd

26 The Bangles
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Elegant Gypsy Meets
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31 Satirical Comedy Troupe
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SEPTEMBER

10 Bernie Williams & Friends
Charity Softball Game and Concert
Underwritten by The Donofrio Family

21 Scotland's Celtic soul brothers
The Proclaimers
Special Guest Jenny O.

23 The Hit Broadway Play
Say Goodnight Gracie
Alan Safier stars as George Burns

OCTOBER

1 An Evening of Spirit with
James Van Praagh

6 Dar Williams

20 Art Garfunkel: In Close Up



JOAN MARCUS

Woulda, Shoulda, Coulda at The Bushnell

"It's a show that touches on a theme we all think about," says composer Tom Kitt, whose Broadway musical *If/Then* has a tour stop at The Bushnell in Hartford Aug. 3 to 7.

"It's about the choices that we make in our lives and those we didn't. Sometimes we look back with great affection and other times with some regret."

Kitt says he has had some serendipitous

moments in his life. After the closing of his first "exciting and traumatic" — and under-appreciated — Broadway musical, *High Fidelity*, he wasn't sure what was next for him. "And then the universe opened itself up to me."

Stepping in to help out a friend as musical director for a show led to working with director Michael Mayer, which led

to his next Broadway musical and a job as arranger and orchestrator for Green Day's *American Idiot*. The Tony Award- and Pulitzer Prize-winning *Next to Normal* followed.

Life works in circuitous ways for Jackie Burns, too, who stars in the tour in the role originated by Idina Menzel. (Burns also played another noted Menzel role — in *Wicked* on Broadway and on tour).

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Burns grew up in Middletown and Ivoryton and got her start at the Ivoryton Playhouse as a witch in the children's theater production of *Sleeping Beauty*. She followed her theatrical training at UConn's theater department in Storrs.

She too thinks about the choices

► THEATER AS LIFESAVER

A crowd of more than 350 theater artists and fans gathered not too long ago at Hartford Stage for the 26th Connecticut Critics Circle Awards, where the premiere of the musical *Anastasia* at Hartford Stage took an armful of honors. (It's going to open on Broadway April 24, 2017, at the Broadhurst Theatre.) Presenters included Gov. Dannel P. Malloy and Cathy Malloy, who is chief executive officer of the Greater Hartford Arts Council. The two bantered so well with each other you'd expect them to land a reality series. Animal trainer Bill

she made and those twists of fate. Her favorite? "If I didn't take the role in *Hair* (in Central Park and on Broadway) then I wouldn't have met the man who would become my husband." Sounds like an if-then moment.

bushnell.org



Cathy Malloy and Gov. Dannel P. Malloy.
PHOTO BY MARA LAVITT

Berloni and his dogs were scene stealers, as was Nicole Scimeca, who plays the littlest princess in *Anastasia* and accepted best musical award for the production.

But it was an emotional Teren Carter, winning as featured musical actor for Ivoryton Playhouse's *Memphis*, who had the crowd a little teary. Carter dedicated his award to his nephew who was killed in a gang-related shooting in Baltimore. Carter said he could have ended up with the wrong crowd, too, but had been saved by his love of theater.

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► PET SOUNDS

"In the '60s, I was a theater geek and Broadway tunes were like real music," says writer-comedian

Bruce Vilanch. "But rock 'n roll was a guilty pleasure."

Vilanch, the comic writer for Bette Midler, many Oscar telecasts and the go-to gag man on "Hollywood Squares," had a particular soft spot for songs sung by Petula Clark, most of which were written by Tony Hatch. Now Vilanch has crafted a script to *Sign of the Times*, a new musical that will receive a developmental production (meaning not ready for critics) at Goodspeed's Norma Terris Theatre in Chester.



Bruce Vilanch
PHOTO BY RICK STOCKWELL

"Her songs always sounded so theatrical to me and very orchestral. I think they'll find a home on stage as well as they did on the radio."

Clark — now (gulp!) 83 — fell into both theatrical and pop camps, says Vilanch. "They tried to turn her into the next Julie Andrews and she made musical film versions of *Finian's Rainbow* and *Goodbye, Mr. Chips*. But it didn't take."

But after her pop musical career she returned to the stage, performing in musicals such as *Blood Brothers* and *Sunset Boulevard*.

Vilanch sees the project with the same girl-friendly appeal of *Mamma Mia!*,

which crafted a show around ABBA songs. "It's about a girl from Middle America in the '60s who goes to New York — make that "downtown" New York where all the lights are bright — and finds herself surrounded by 'Mad Men.' In the end, she becomes a feminist."
goodspeed.org

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for The Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter@ShowRiz.



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Control Your Home on Your Phone

Smartphones have inspired a new generation of app-controlled remotes, adding internet (or Bluetooth) connectivity to basic household items.

Many practical connected devices, whether a Nest thermostat or smart LED bulb, have found a place in our homes. It's all known as the Internet of Things. Old-timers, if the Clapper is the smartest household device you own, maybe the Internet of Things can help extend your independence.

Here, smartphone and tablet owners, is how to start automating your home life, gently and efficiently.

Switch

Let's start close to home with the iDevices Switch (\$49, idevices.com) from the Avon company best known for the iGrill wireless grill thermometer.

The Switch, a plug with a single outlet that uses Apple's HomeKit technology (not compatible with Android devices), is all the cautious newbie needs as an introduction to home automation. Plug it in, connect to your home network, then turn it into a smart outlet with the free iDevices app that controls anything electronic — a lamp, coffee pot, fan or ultrasonic denture cleaner.

An iDevices Switch helped keep my house warm last winter by controlling a small mounted fan that circulated warm air from a woodstove. I turned the fan on with my iPhone but also scheduled the fan to turn off automatically around 3 a.m. each day, about the time the woodstove's fire died.

Firmware updates have made the iDevices Switch one of the best: It measures energy usage (in watts) and average daily use. Best of all, voice commands work with Siri, your iPhone/iPad's intelligent assistant: "Hey Siri, turn off the fan!"

The iDevices company was started in 2009 after founder Christopher Allen concocted the wireless thermometer plan while grilling at his West Hartford home. He sold the iGrill brand earlier this year to grill-maker Weber. It's now pushing deeper into home-automation development with newer platforms from Amazon (with its breakout hit, the voice-control Echo speaker with the Alexa intelligent assistant) and Google (Home).

Light Bulb

I've entrusted almost all of my home's lighting to WeMo, Belkin's home automation brand, with a combination of bulbs,

LED strips and switches. I rarely turn a light on or off manually. Lights in the sunroom, bedrooms, living room and kitchen (under cabinet) turn on automatically at sunset and off as scheduled, starting with the first floor.

When I'm away, I'll use the WeMo app — compatible with Apple and Android devices — to turn off most lights early, leaving a couple shining for security purposes.

How to get started: A starter kit (\$49.99, wemo.com) includes two 60-watt-equivalent LED bulbs with a 25,000-hour life expectancy and a plug-in WeMo Link hub.

WeMo, and Philips Hue lighting systems, need a hub that connects to a Wi-Fi network and distributes commands to the bulbs using a short-range wireless technology called the ZigBee wireless protocol.

WeMo's Link hub plugs directly into a wall outlet. Hue's hub is more conventional: It connects to your router.

Because Hue is more sophisticated, and expensive, newbies might prefer WeMo for basic lighting. Search online, including eBay, for best pricing.

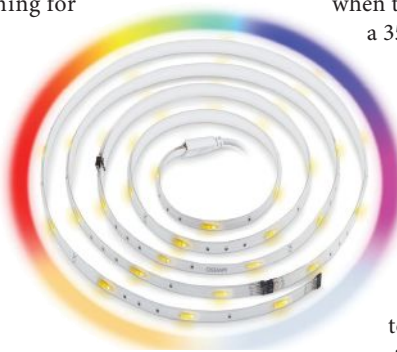
LED Strip

When I wanted to add under-cabinet lighting to my kitchen last year, an electrician said basic LED lights would cost \$600 — just for the non-dimmable, non-programmable types. No chance.

I ended up with flexible Lightify strips from Osram (osram.com), a WeMo partner, with enough lighting to cover the 10 feet of under-cabinetry, a hub and controllers for about \$185. Outlets installed in cabinets, if needed, require an electrician.

The strips, which you can cut to fit, stomp traditional LED lighting: They are controllable (by the WeMo app), dimmable, adjustable (color temperatures from warm white to daylight) and provide up to 16 million colors. Astound visitors by turning your kitchen blue!

A starter kit with three, 2-foot strips and power supply costs \$68.98 on Amazon. If you don't already have a WeMo Link, an Osram Lightify wireless bridge costs \$29.



A Lightify LED strip. OSRAM

Water Sensor

I'll take a Wi-Fi-connected water sensor, please. The most intriguing, the Roost Water and Freeze Detector (getroost.com, \$50) is not available until the fall. It might be worth the wait. The Roost sends a push notification to your smartphone if it senses water or, if there's a concern about frozen pipes in the winter, when the temperature drops below a 35-degree threshold.

These sensors work. A D-Link Water Sensor, model DCH-S160 (\$60, us.dlink.com) installed at my basement sump pump sent a push notification set up through the Mydlink Home app each time the water level touched the sensor. A connected water sensor is expensive — the D-Link system doesn't even shriek without a \$40 add-on "siren" — but it's a small price if it prevents a flooded basement.

Thermostat

The Nest thermostat (\$250, Nest.com) is perhaps the best-known home-automation device and biggest money-saver. It also works with Alexa. Say, anywhere near your Amazon Echo, "Alexa, turn the temperature up" and the Nest increases the temperature two degrees.

The Nest, and iDevices' lesser thermostat (\$149, Siri compatible), adjust your home's heating and cooling to your schedule.

Though these thermostats are a reasonable project for do-it-yourselfers, they are not appropriate for older, single-zone applications. When attempting to install an iDevices Thermostat, I discovered it would not work in my home because the single-zone system did not have a common, or "C" wire, to power the thermostat.

An electrician told me only a Nest would work in a single-zone system, but he did not explain the risks. Whenever a Nest needs power in a single-zone system like mine, it will turn on the furnace and "steal" it, potentially damaging the furnace.

Sometimes an old-fashioned \$25 programmable thermostat that doesn't understand English is the way to go.

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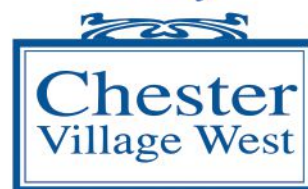


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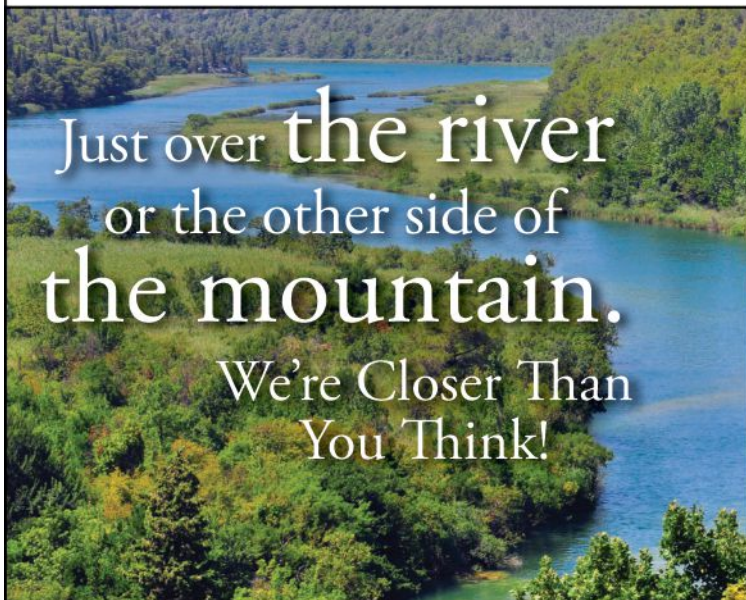
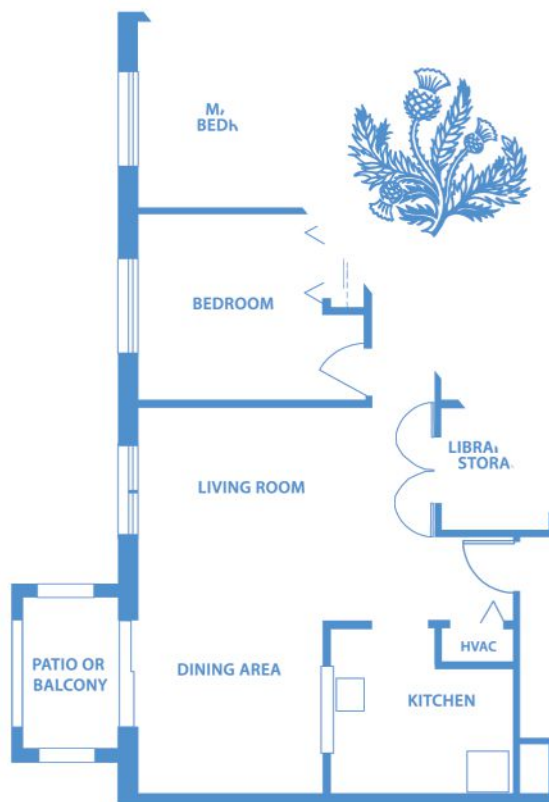
Those winding down careers today seek lifestyles that allow them to continue to live full lives. "While we offer a range of options at Duncaster, the demand for one-bedroom apartment homes remains steady," says Carol Ann McCormick, Vice President – Sales and Marketing at Duncaster, located in Bloomfield, Connecticut. "We keep up with the trends and respond to the preferences of those who are looking to the future – be it the near or more distant future."

Mary, a resident of Duncaster, sums it up best: "Taking care of my house became overwhelming. A one-bedroom apartment home just made sense." Like many of her contemporaries, Mary sought the uncomplicated, secure lifestyle a one-bedroom apartment home at Duncaster provided her.

People are surprised to find that Duncaster may be within their financial comfort zone. "We provide the finest living experience, with a full range of amenities – all reasonably priced," says McCormick. "We attract residents from diverse backgrounds like nursing, teaching, military, finance and business."

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Construction is underway on the next two phases of Seabury's expansion, including 68 new independent living residences scheduled to open in the Fall of 2017. We are now accepting applications for residence from adults 50 and over.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org.



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Seabury Has Completed Phase A Of A Major Expansion And Is Forging Ahead With More Growth



Seabury is an active life plan community located on 66 acres of beautiful countryside in Bloomfield, Connecticut. In recent months, they have been preparing for the next generation with some exciting developments. They have teamed with the country's top senior living firms on a major construction project – including 68 new independent living residences, an expansion of Seabury's first-rate health care services and several new features and amenities.

Phase A of the project has recently been completed, featuring a complete re-design of the main lobby and the addition of a new community activity space, a luxury salon/day spa and a beautiful new bistro.

With Phase A coming to a close, the repositioning project is moving full-speed ahead into Phase B, featuring four unique styles of one and two-bedroom Independent Living residences in Seabury's South Wing. Each residence will offer scenic views and vistas in all directions and the flexibility to be customized to residents' personal taste. The expected completion and move-in date for this project is in the fall of 2017.

"Besides state-of-the-art features and amenities, what really sets these properties apart is the ability for residents to truly create their own home environment," says Renee Bernasconi, Chief Strategy Officer and Senior Vice President of Marketing and Communications. "The goal is to create designs that are as unique as the individuals who live here."

As part of their environmental sustainability efforts, Seabury recently became the first privately-owned Life Plan community for adults 50 and over in the United States to receive a Green Globes designation. The designation is a result of Seabury's commitment to employing sustainable building practices with minimal ecological impact, including energy performance and reduction in water consumption.

Other exciting developments up ahead include an expansive chapel/auditorium and open meeting spaces for college-level courses provided by the Adult Learning Program. Seabury residents will also be able to have the protection and security of full campus generation, in the event of a power or weather emergency.

Seabury's age requirement is 50, one of the lowest in the country. They encourage prospects to consider the transition while they are still young and healthy enough to qualify for Life Care and fully experience all that life at Seabury has to offer.

"A big part of what makes Seabury such a vital and thriving community is the fact that we're always looking forward," says CEO Richard Heath. "These exciting new projects will build on the strong foundation of what Seabury is today and make it even greater."





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A full-page photograph of a rock climber, Chuck Boyd, ascending a massive, craggy rock face. The climber is wearing a red shirt, white pants, a white helmet, and a climbing harness. The rock is a warm, reddish-brown color with many cracks and ledges. The background shows a dense green forest. The title 'THE CRAGS OF CONNECTICUT' is overlaid in large, white, 3D-style letters.

THE CRAGS OF CONNECTICUT

SCALING
THE STATE'S
CLIFFS
IS A
RISING
SCENE
WITH A
DEEP
HISTORY

BY MICHAEL ROULEAU

On an idle winter morning, Alex Taylor is driving around western Connecticut's Candlewood Lake. With one eye on the road and the other peering into the leafless forest, he notices it — a hillside of boulders across the water. *These are the big ones*, he excitedly thinks, and then veers onto the first dirt road that seems to lead toward them.

Chuck Boyd, of Tarriffville, on Mindbender at Cathole Pass in Meriden.
PHOTO BY CHAD HUSSEY



Ragged Mountain, Southington. PHOTO BY DAVID FASULO

Surrounded by a thick, snow-blanketed forest, the road ends and the trailhead begins. He sets out on foot, wandering hopefully toward the pile of massive rocks. After an hour of fruitless searching, he goes back to his car and drives to the original vista, longing for springtime when he will find someone to give him a boat ride across the lake. “They were covered in snow but I could tell they were huge,” he recalls. “It blew my mind. I was so excited to return.”

Taylor is a rock climber from Warren who specializes in a style of climbing called “bouldering.” He’s surveyed the woods of western Connecticut for 15 years in search of that next great boulder, and thanks to the glacial activity of past ice ages, there are plenty of them strewn about the forest. “They’re all scattered, but when you find something, it’s freaking awesome.”

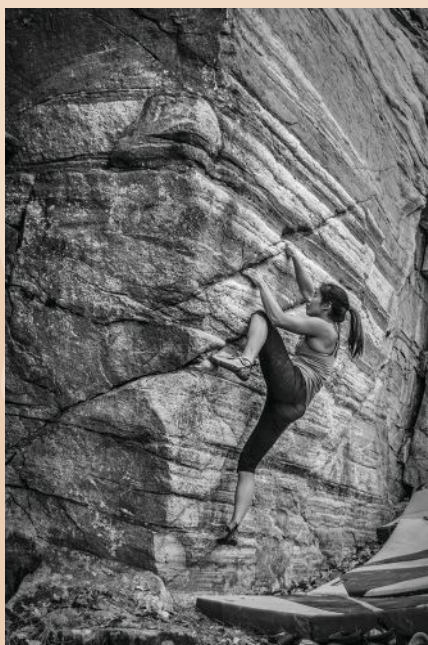
This spirit of exploration speaks to the essence of rock climbing in Connecticut, which has a deeper history and richer scene than most people know. The borders of this small state contain not only climbable boulders, but also the Metacomet Ridge — one of the largest trap-rock ridgelines in the nation. This swath of volcanic rock, mostly consisting of basalt, rises up from Long Island Sound in New Haven, cuts through the center of the state and extends into Massachusetts, boasting expansive cliff faces along the way. Furthermore, these cliffs (called “crag” in climbing lingo) were among the first ascended this side of the Atlantic.

Back in the 1920s and ’30s, climbing legends Fritz Wiessner, Roger Whitney, Betty Woolsey and others pioneered the pursuit in the U.S., ascending Southington’s Ragged Mountain and Hamden’s Sleeping Giant, among other crags. At the time, these were some of the most difficult established climbs in the country.

Even as the sport and climbers’ skill have progressed, the small cliffs of Connecticut (the tallest of which are in the 100-foot range) remain a challenge for the most



Above: Alex Taylor lunges for a handhold. **Below:** Vivian Kalea scales a face. PHOTOS BY HUNTER PEDANE



experienced climber.

“Every route requires a number of different techniques to negotiate the climb,” says local climbing authority Bob Clark, who lives in East Hartford, “and so you become well-rounded and well-versed in climbing.”

What Connecticut cliffs lack in height, they make up for in technicality. Trap-rock cliff faces are intricate, featuring tiny hand and foot “holds,” long, vertical cracks and other rock features. They are steep and sustained, often with overhanging outcroppings.

Clark has been climbing for more than 40 years, and is credited with many local climbing discoveries — he estimates around 175 first ascents (first successful, documented climbs) in Connecticut alone. Now in his mid-60s, Clark is still an avid climber. The Connecticut native has been around the world, with particular interest in Europe and South America. Lately he’s been establishing routes in Brazil (about 25 so far), where he spends about a month a year.

“I’ve been lucky to still be doing first ascents,” he says, acknowledging the inherent risk of rock climbing. “I used to be young and foolish. I’m no longer young.”

Clark recalled a surprise, and potential danger, when climbing a crag back in the ’80s in the Hanging Hills of Meriden. With no gear (called “protection”) bolted into the cliff, it appeared to be a virgin line, a beckoning first ascent.

He scaled the cliff without incident, until

A full-page photograph of a rock climber, Brian Phillips, ascending a steep, layered rock face. The climber is wearing a bright yellow long-sleeved shirt, grey pants, a white helmet with purple accents, and a climbing harness. He is positioned on the left side of the frame, with his body angled towards the rock. His right hand is placed on a horizontal rock ledge, and his left leg is extended downwards. The rock face is composed of large, grey and brownish-tan blocks with visible horizontal bedding. To the right of the climber, the rock face continues upwards and then turns away, revealing a dense forest of green trees and foliage. The lighting is bright, suggesting a sunny day. The overall composition emphasizes the climber's position against the massive, textured rock wall.

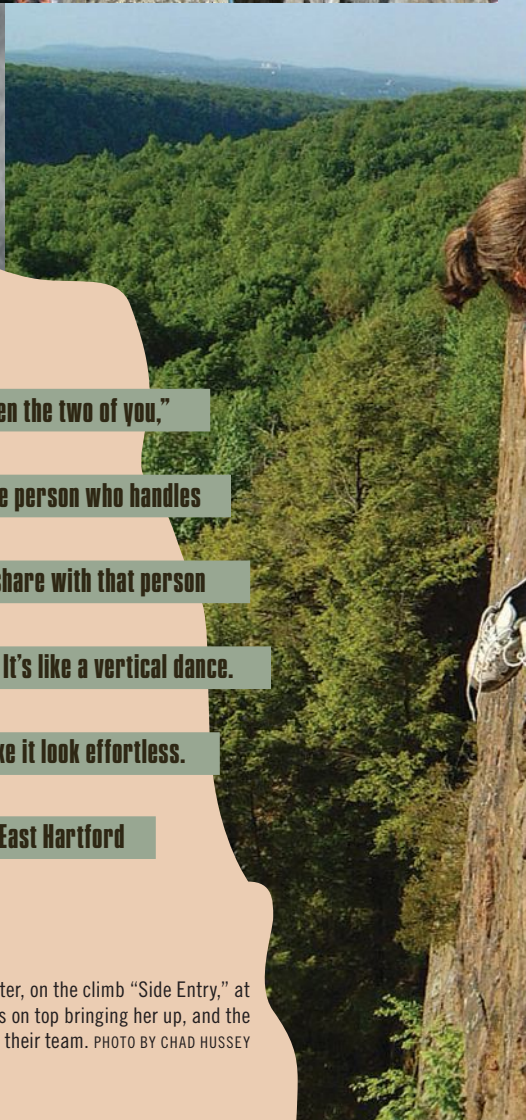
**“Connecticut is a hidden gem. A lot of people don’t realize how good
the climbing is here. People don’t perceive Connecticut as a
destination place. We have over 2,000 routes, some of them are
world-class, but they’re mostly trad. People who are traveling
around the world, they skip right by Connecticut.”**

— Bob Clark, climber from East Hartford



From left, Scott Doscher, of Colorado, Yuki Fujita, of Boston, and Nancy Savickas, of Medford, Mass., celebrate their climb at Ragged Mountain.

PHOTO BY CHAD HUSSEY



"When you do that climb, it forms a bond between the two of you,"

(the two being the climber and the "belayer," the person who handles

the ropes below). "It's something that you will share with that person

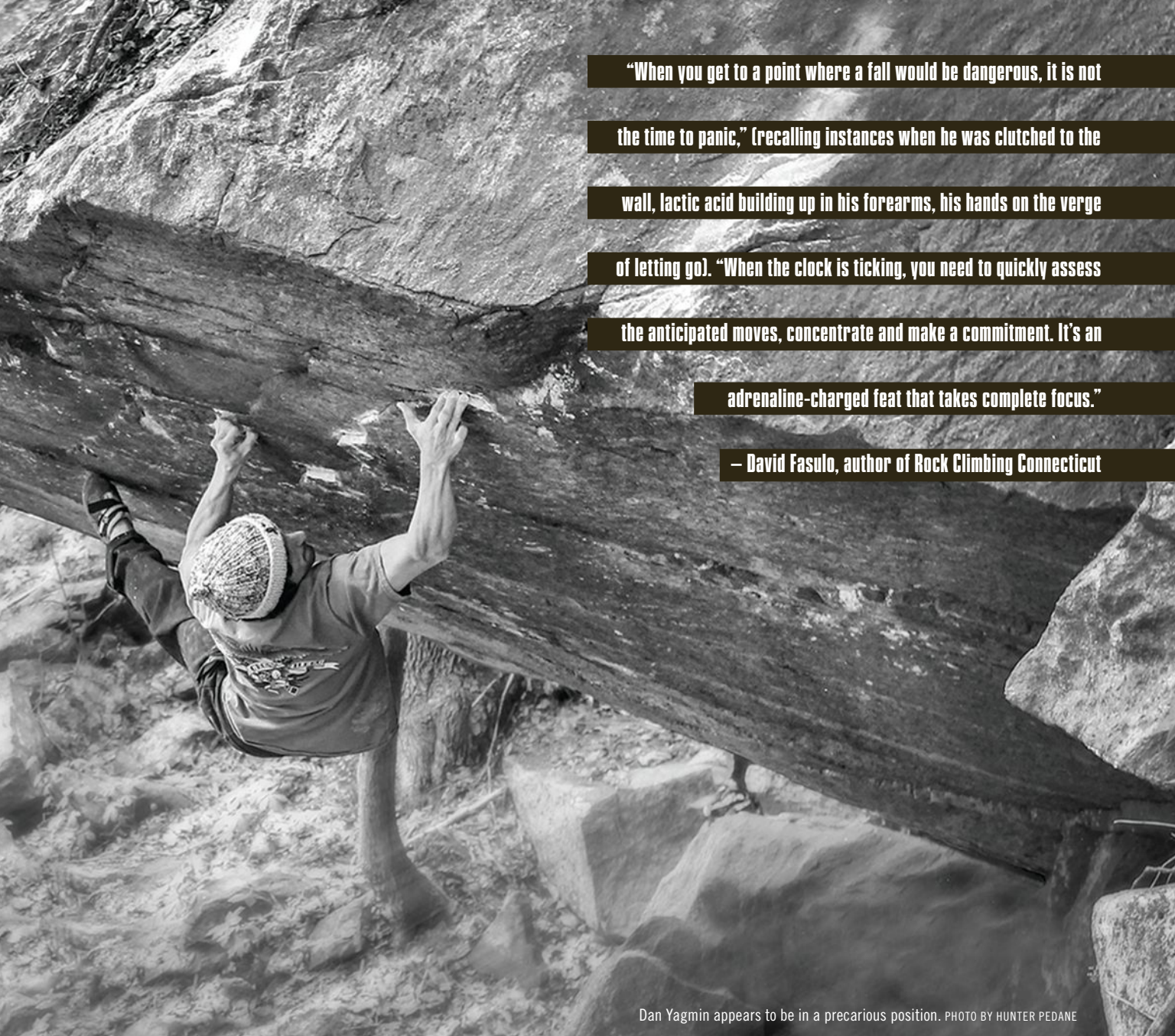
forever. It's something that can't be duplicated. It's like a vertical dance.

And if you watch a really good climber, they make it look effortless.

It's a neat sport." — Bob Clark, climber from East Hartford

Stacey Kellog Shove, of Manchester, on the climb "Side Entry," at Ragged Mountain. Her husband Matt is on top bringing her up, and the blue rope leads down to a third climber in their team. PHOTO BY CHAD HUSSEY





“When you get to a point where a fall would be dangerous, it is not the time to panic,” (recalling instances when he was clutched to the wall, lactic acid building up in his forearms, his hands on the verge of letting go). “When the clock is ticking, you need to quickly assess the anticipated moves, concentrate and make a commitment. It’s an adrenaline-charged feat that takes complete focus.”

— David Fasulo, author of *Rock Climbing Connecticut*

Dan Yagmin appears to be in a precarious position. PHOTO BY HUNTER PEDANE

attempting to crawl over the edge and complete the climb. There were two copperhead snakes, coiled, bathing in the summer sun. “I peeked over the edge, and one of them lifted its head, 15 inches from me.”

Sensing the venomous snakes were not aggressive, he mustered up the courage and climbed around them. Clark yelled down to his buddies below, who had urged him to climb on: “You’re right, they didn’t move!”

All jokes aside, Clark is as knowledgeable and safety-oriented as they come. “In truth, climbing is dangerous, but it can be done safely. What I do might seem foolish to you, but it’s not foolish to me. I’m very aware of what’s going on and where I am and what I’m doing.”

David Fasulo, author of *Rock Climbing Connecticut*, has found himself in a number of perilous climbing situations as

well. “When you get to a point where a fall would be dangerous, it is not the time to panic,” he says, recalling instances when he was clutched to the wall, lactic acid building up in his forearms, his hands on the verge of letting go. “When the clock is ticking, you need to quickly assess the anticipated moves, concentrate and make a commitment. It’s an adrenaline-charged feat that takes complete focus.”

Despite the inherent and potential dangers, the joys of climbing carry more weight. “When you do that climb, it forms a bond between the two of you,” says Clark — the two being the climber and the “belayer,” the person who handles the ropes below. “It’s something that you will share with that person forever. It’s something that can’t be duplicated. It’s like a vertical dance. And if you watch a really good

climber, they make it look effortless. It’s a neat sport.”

In Connecticut, the majority of the rope climbing is “trad” (traditional), a style in which climbers place gear along the route to protect against falls, and then remove it when the climb is complete. A sensitive subject in the local scene, this practice dates back to the 1990s when people removed the “fixed protection” that was permanently installed in many of the state’s most popular crags — for moral or environmental reasons.

In order to install fixed protection, one must drill into the rock and hammer in steel bolts on the route — a practice some feel defaces the rock. In other parts of the country, however, fixed protection is commonplace, enabling “sport climbing,” a style in which climbers simply hang gear

WHERE TO CLIMB

Here's a selection of the best climbing locations around Connecticut. Not included are crags on private land, where climbing may not be sanctioned by the property owner.

- 1 St. John's Ledges, Kent
- 2 Mattatuck State Forest, Watertown (Jericho Cliff)
- 3 Mattatuck State Forest, Plymouth (Whitestone Cliff)
- 4 West Rock Ridge State Park, Hamden/New Haven (South Buttress, Old Quarry Wall, Wintergreen)
- 5 Sleeping Giant State Park, Hamden (The Chin)
- 6 Ragged Mountain, Southington (Main Cliff)
- 7 Cockaponset State Forest, Durham (Bear Rock Ridge)
- 8 Cockaponset State Forest, Deep River (Pine Ledge)
- 9 Chatfield Hollow State Park, Killingworth (Main Wall, Feather Ledge, Schreeder Ridge)
- 10 Selden Neck State Park, Lyme (Quarry Wall)
- 11 Ross Pond State Park, Killingly (Parking Lot Wall)
- 12 Pachaug State Forest, Stonington (High Ledge)



Source: *Rock Climbing Connecticut* (2nd ed.) by David Fasulo (Falcon Guides, 2015)

Local climbing instructor Chad Hussey at Ragged Mountain in Southington. PHOTO BY EMIL STANKOV



(aka “quickdraws”) from the bolts and “clip in” their rope as they go.

With intricate trap-rock cliff faces, Fasulo says, “The climbing as well as the protection in Connecticut is very technical and thought-provoking.” Furthermore, Connecticut’s small crags also lend themselves to top-roping — a style that requires the climber to build an “anchor” at the top of the cliff (usually tied around a tree) from which the rope can hang.

The necessity to build an anchor or place gear means the Connecticut climber is knowledgeable, versed in climbing techniques as well as safety. “You learn how to place gear in Connecticut,” says Clark. “Sometimes it’s hard to place and requires a lot of work, so you learn how to place good gear, which is not always the case at other areas I’ve been to.”

Millions of people rock climb in the United States, and the number is growing — some reports estimate the number to be around 9 million. In Connecticut, a new generation of young, enthusiastic climbers is developing new areas and bolting/installing the fixed protection that was so resisted decades ago.

“The biggest change in Connecticut climbing is the recent addition of sport climbing,” says Fasulo. “It’s a welcome addition by many, adding to the diverse climbing opportunities in the state.” Newer sport areas include Killingworth’s Chatfield Hollow, Waterbury’s White Stone



Steve Farnum on Thor’s Hammer at East Peak in Meriden. PHOTO BY CHAD HUSSEY

Cliff and Southington’s Firewall. Still, “fixed protection continues to be tampered with,” warns Fasulo. And Clark cautions climbers that there most likely are not bolts at the top of cliffs to use as anchors.

If Connecticut’s climbing scene is so rich, how come it’s not more well known? Similar to how out-of-staters may see Connecticut as the land between New York City and Boston, it also sits between two

climbing giants. The Shawangunk Ridge, known internationally as the “Gunks,” with its 300-foot cliffs and miles of world-class climbing in upstate New York, is a little over an hour from Danbury and about two hours from Hartford. Rumney Rocks in New Hampshire, with its numerous sport routes, is a few hours away.

But while we may be in the shadows of more-towering destinations, Clark says,



“Connecticut is a hidden gem. A lot of people don’t realize how good the climbing is here.” He adds, “People don’t perceive Connecticut as a destination place. We have over 2,000 routes, some of them are world-class, but they’re mostly trad. People who are traveling around the world, they skip right by Connecticut.”

Our proximity to these nearby destinations is yet another asset to the Connecticut climber. Not only are we within striking distance of the Gunks and New Hampshire, Clark insists “there are literally a dozen cliffs within 10 minutes of your car.” He adds, “Connecticut is an amazing place to climb and train,” even if that means hopping on the crag for a couple of hours after work. “It’s very accessible here.”

Popular crags in the state include Ragged Mountain in Southington, Pinnacle Rock in Plainville and East Peak in Meriden, among others — although it should be noted that access is a tricky issue for certain crags, as they may lie on private property. (Always check or ask before climbing.)

Taylor, the avid boulderer, is a staff member at Central Rock Gym in Glastonbury, one of the largest climbing gyms in the Northeast. He interacts with hundreds of local climbers weekly, and has his finger on the pulse of the culture and popularity of the sport. “There’s no certain type of climber,” he says. “At the gym you could find an 8-year-old climbing next to an 80-year-old. It’s so universal. It’s welcoming to anybody. We were born to climb!” The community, he adds, is one of the best products of the gym. “It brings climbers together. People don’t expect the social aspect.”

■ ■ ■

The spring thaw and warm weather finally came, and Taylor returned to his coveted hillside of boulders at Candlewood Lake. He gathered a crew of friends, loaded a bunch of gear onto a boat and they floated across the water, their eyes wide with excitement as the massive boulders only seemed to get better the closer they got. “This is going to be amazing!” he thought.

They tossed ashore their crash pads (protective padding for falls) and hopped off the boat. The 15- to 20-foot-tall blocks were imposingly stacked upon each other. To their dismay, however, every divot they pulled on broke off. Their hearts sunk. Every boulder in this pile was flaky and crumbly, unable to support their climbing. “I had been looking forward to this for months,” said Taylor. “It was one of my biggest letdowns.”

But Taylor is not discouraged. “I know that mega block is out there. I may search for it for the rest of my life, but I’m OK with that.”



Central Rock Gym in Glastonbury. GKWANPHOTO

BEGINNER’S GUIDE TO ROCK CLIMBING

1. Find a climbing gym.

Don’t assume you’re nimble and knowledgeable enough to go scaling up cliff faces. Some of the state’s indoor rock climbing facilities include:

Rock Climb Fairfield

85 Mill Plain Road, Fairfield

Central Rock Gym

259 Eastern Blvd., Glastonbury

Stone Age Rock Gym

195 Adams St., Manchester

City Climb Gym

442 Winchester Ave., New Haven

Prime Climb

340 Silversmith Park, Wallingford

2. Stretch out.

Rock climbing can be an intense physical activity that stretches and contorts your body. Flexibility is key for both completing difficult climbs and avoiding injury. Similarly, Alex Taylor, who specializes in boulder climbing and is a staff member at Central Rock Gym, urges climbers to listen to their bodies and to take frequent rests.

3. Have the proper gear.

To effectively and safely climb, you must have the proper footwear. Climbing shoes are intentionally tight for precise footwork and rubber-soled for extra grip. If you’re climbing ropes, a harness is necessary and helmets are highly recommended. These and other pieces of equipment are available for rent at climbing gyms.

4. Know the knots.

The most fundamental knot is the “figure 8” (named for its shape), and is used to tie into the harness. Gyms will teach

this knot as well as other safety protocols. Learn from a guide if going outside!

5. Double-check.

David Fasulo, experienced climber and author of *Rock Climbing Connecticut*, says: “Prior to starting a climb, always double-check the safety systems (helmet, harness, rope, anchors, belay devices, protection, etc.), and check that your partner has the skills to safely utilize the systems.”

6. Learn the lingo.

Climbers use a series of commands to communicate to the belayer below. A few of the basic commands include:

- “Belay on” means the belayer is ready for the climber
- “Climbing” means the climber is ready to begin
- “Take” means the climber wants the belayer to remove “slack” in the rope so they can rest and put their body weight on the rope

7. Take it outside ... with a guide.

If looking to take your climbing to the next level by going outdoors, our experts Bob Clark and David Fasulo urge climbers to seek out training from a certified guide or experienced mentor. Qualified instruction can be found at amga.com.

8. Do your homework on the area.

Fasulo says: “Research the intended climbing area/climbs with updated information. Access, parking and available protection for lead climbers changes over time.

9. Have fun!

Don’t get discouraged or angry. They’re only rocks!

■ MICHAEL ROULEAU ■



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TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible **Deep-Tissue Laser Therapy**."

SIP & SAVOR

**21 DESTINATION
WINERIES WHERE
FOOD AND DRINK
ARE IN PERFECT
HARMONY**

The bistro at Chamard Vineyards in Clinton.
KVON PHOTOGRAPHY

BY KATE HARTMAN, ERIK OFGANG AND ALBERT YURAVICH

Red and white, sparkling and rosé, dry and sweet, light and bold. There is no limit to the varieties of wine produced by the state's dozens of wineries. Just as you can find any type of wine to satisfy your discerning palate, the wineries' culinary offerings present a kaleidoscope of possibilities to please any preference. Every winery on our list serves some edible delight, from meats to vegan specialties, cheeses to chocolates, antipasto to fondue and fruit pies to pizza pies. And with menus expanding every year, there's no doubt you'll leave your visit with a full stomach. So go on, take your own tour of tastes.

CHAMARD VINEYARDS

115 Cow Hill Road, Clinton

Benefiting from a favorable climate mixing oceanic and continental influences, the Burgundy region of France is famous for its wine. Two miles from Long Island Sound and 6 miles from the mouth of the Connecticut River, Chamard Vineyards has a similar microclimate, with a long, warm growing season and mild winters. It's been producing award-winning vintages for 30 years, with chardonnays leading the way (16 varieties are produced on the 20 acres).

Chamard's bistro hasn't been around for quite as long — it opened in 2012 — but has garnered impressive reviews. Open year round seven days a week, the bistro boasts a French-New American menu with eclectic items like Parisian gnocchi with roasted button mushrooms, baby leeks, fava beans, spring garlic, asparagus and white truffle butter, and the Four Mile River Farm burger, with grass-fed local beef, bacon marmalade, smoked gouda and baby arugula on a brioche bun.

Seats inside — there are 35 of them, so reservations are advisable — afford views of terraced vines outside. But the warmer months offer the benefit of patio dining, with a closer view of the neatly arranged grounds. If you're not up for a full meal,



CHAMARD VINEYARDS

KVON PHOTOGRAPHY

check out the adjoining tasting room and pair the wines with a local cheese platter featuring offerings from Cato Corner Farm in Colchester and Mystic Cheese Co.

Chamard Vineyards also features tours, tastings, a farmers market on Tuesdays through October, a local singer-songwriter series Fridays and Saturdays, and even yoga. A winemaker's dinner series is held almost monthly, with four courses and wine pairings.

860-664-0299, chamard.com

HOPKINS VINEYARD

25 Hopkins Road, Warren

One of the most beautiful vineyards in Connecticut, Hopkins is located on rolling hills with panoramic views of Lake Waramaug. The vineyard features award-winning whites, reds and sparkling wines, each produced in small, handcrafted batches from premium, estate-grown grapes.

Guests can bring picnic lunches to dine on the vineyard grounds, but many who visit the winery choose to walk across the street to the Hopkins Inn (860-868-7295, thehopkinsinn.com), a 19th-century inn specializing in European cuisine. The establishment offers outdoor dining and the same lake views found at the winery. Though separate businesses, the vineyard and inn share many customers and lots of history. "The Hopkins Inn originally was the Hopkins family home-stead," explains Hilary Hopkins Criollo, who owns the vineyard with her family. "My great-great-grandfather George Hopkins turned it into an inn. There have been five owners since he owned it. This past April we teamed up and they hosted a Hopkins & Hopkins Wine Dinner. It was hugely successful. More will be planned for the future."

Hopkins Vineyard is open year round. In the summer its hours are Monday through Friday 10 a.m. to 5 p.m., Saturday 10 a.m. to 7 p.m. and Sunday 11 a.m. to 6 p.m.

860-868-7954, hopkinsvineyard.com



HOPKINS VINEYARD

COURTESY OF HOPKINS VINEYARD

HOLMBERG ORCHARDS & WINERY

12 Orchard Lane, Gales Ferry

Holmberg Orchards is a fourth-generation, family-run farm in the picturesque hills of Gales Ferry, not far from Mystic, Foxwoods and Mohegan Sun. It features white and fruit wines, as well as hard ciders. These sparkling ciders are made in the English tradition: light, fresh and fruit forward. “The fruit wines are crisp, clean and surprisingly sophisticated,” says Amy Holmberg, retail manager of the orchard and winery. She adds that unlike many overly sweet fruit wines, these wines have minimal sugar.

The winery’s farm market offers fresh fruits and vegetables, specialty gourmet foods and an in-house bakery with muffins, cookies, pies, breads and its signature item: apple crisp. Guests can also order a variety of sandwiches, salads, quiche, pot pies and deli salads. “You can find cheese and crackers, hard salami, jams, homemade peanut butter and many other tasty treats that can be brought out to our wine tasting area on the farm,” Holmberg says.

The winery’s tasting area is open Saturday and Sunday noon to 5 p.m. from Memorial Day weekend through October.

860-464-7305, holmbergorchards.com



SCOTT LEVY

WHITE SILO FARM & WINERY

32 Route 37, Sherman

This boutique farm winery nestled in the foothills of Sherman allows guests to sample wines in an intimate tasting room within the “big red barn” and choose their favorite to enjoy by the bottle at one of the outdoor tables or picnic areas overlooking a bucolic stretch of farm land.

The winery specializes in small-batch fruit and grape wines, including the White Silo sangria and the sparkling red raspberry. Guests who order 24 hours ahead of time can pair these wines with a boxed lunch made at the winery’s commercial kitchen. Lunches feature as many farm-grown products as possible and often include sandwiches made with turkey, arugula and White Silo mustard (made on



KVON PHOTOGRAPHY

**JONES FAMILY
FARMS WINERY**

premises with quince, black currant and rhubarb), quinoa salad, mini cheese platters (with homemade membrillo, a sweet, thick jelly made from quince pulp), mixed nuts and a chocolate turtle bar (baked on site). The winery also offers cheese platters and at least one fresh-baked item each weekend such as scones, muffins, biscotti or cookies.

On Aug. 20 and 21, the winery hosts its seventh annual Blackberry Festival, which will highlight small dishes made with the farm’s fresh blackberries. White Silo is open April through December Friday, Saturday and Sunday 11 a.m. to 6 p.m., with Friday hours extended until 8 p.m. through September.

860-355-0271, whitesilowinery.com

JONES FAMILY FARMS WINERY

606 Walnut Tree Hill Road, Shelton

There have been many exciting firsts in the history of this Naugatuck Valley institution, a seven-generation family farm founded in 1848. Its latest is sure to expand the dining choices, as full-time farm chef Sherry Swanson comes on board. Classically trained in French and Italian techniques, Swanson is also a certified sommelier.

The farm and winery support local agriculture with farm-to-table refreshments including regional cheeses (Arethusa’s camembert, Shelburne Farms’ raw milk cheddar and Beltane Farm’s goat cheese) and smoked meats like venison and beef summer sausage from the acclaimed Nodine’s Smokehouse in Goshen. Combine them with Carr’s crackers to create your own cheese board. Of the winery’s 17 wines, six are estate grown and eight are Connecticut grown. Highlights are the sparkling Strawberry Serenade and two reds, a cabernet franc, which is a dry, estate-grown wine, and the Beacon Light 8,

LOST ACRES VINEYARD



PATRICK NIEDERMEYER

for those who prefer a semi-sweet option.

Speaking of sweet, berry season is a big deal at Jones, and it shows when it comes to the dessert options. In season you’re likely to find strawberry shortcake and blueberry muffins. Summer flavors of seasonal tea breads include strawberry-rhubarb and blueberry-zucchini, while the fall has pumpkin-walnut. Pumpkin season means pumpkin-cranberry cookies, and Christmas tree season brings trail mix cookies with oats, chocolate chips and dried cranberries. All can be enjoyed — weather permitting — on a 30-seat patio with a grapevine-covered pergola attached to the tasting room, itself a restored former dairy barn. A larger seating area, with room for 65, can be found on the terrace with a stonewall enclosure.

You might even take a cooking class at the winery’s Harvest Kitchen, where you harvest seasonal fruits and vegetables and transform them into fresh meals, or try out classes during which you enjoy three



**HOLMBERG
ORCHARDS & WINERY**

LISS FLINT OF FLINT PRINTS

courses paired with wine. Tasting room hours vary seasonally, opening the second week in March. This time of year it's open Thursday through Sunday.

203-929-8425, jonesfamilyfarms.com/winery

LOST ACRES VINEYARD

80 Lost Acres Road, North Granby

At this beautiful winery guests can choose between five white wines and a rosé. Three of the whites, the chardonnay, Dry Riesling and Clemon Springs, are dry and perfect for summer. The Wedge White is the winery's best-seller and is made of a blend of vinifera and French hybrid grapes. The winery's Salmon Brook Rosé is made with seyval blanc grapes grown on site and pressed through merlot skins.



Hungry wine lovers can choose from a variety of artisan snacks, including a cheese plate with local goat cheese, cheddar from the Granville Country Store in neighboring Massachusetts, and seasonal fruits from local farms and honey; an antipasto plate with charcuterie meats, provolone cheese and olives and fresh bread; a hummus plate with veggies and chips; or a cheese and chocolate plate with handmade Birnn chocolate truffles, cheese, salami and fresh bread.

The winery is open Friday and Saturday, noon to 6 p.m., and Sunday, noon to 5 p.m.

860-324-9481, lostacresvineyard.com

PRESTON RIDGE VINEYARD

100 Miller Road, Preston

You might not expect food trucks to be parked at a winery, but they fit right in at this relatively new Mystic Country destination, which opened in late 2012. Every Friday from 5:30 to 8 p.m. from May through mid-October, a variety of mobile eateries set up shop. This year's trucks include Lady Copacabana (Brazilian), Curb Your Appetite (comfort food), Archie's Wingz & Thingz, Rollin' Reds (American), Captain Scott's Lobster Dock and Brick&Basil Wood Fired Pizza Co. Cheese locally sourced from Meadowstone Farm in Brooklyn and Beltane Farm in Lebanon, as well as crackers, are also available for purchase.

The varied offerings provide plenty of intriguing pairings for Preston Ridge's 10 wines, ranging from a sweeter table white, lightly oaked chardonnay, a sweet and dry rosé and barrel-aged reds. The most popular wines are the Fieldstone White, made with a blend of cayuga grapes, that finishes with residual sweetness, and the

PRESTON RIDGE VINEYARD



PRESTON RIDGE VINEYARD

Stone Valley Red, a cabernet sauvignon with notes of black cherry.

Open Friday, Saturday and Sunday through mid-December, Preston Ridge features a gambrel-style barn with a cozy tasting room with seating for up to 25, a 20-seat deck with nearly 360-degree views of the vineyard and a picnic area that can accommodate up to 40. Visibility extends about 20 miles, and westward-facing outdoor seating provides sumptuous sunsets.

860-383-4278, prestonridgevineyard.com

JONATHAN EDWARDS WINERY

74 Chester Main Road, North Stonington

This bi-coastal vineyard makes wines with grapes planted in North Stonington as well as in California's Napa Valley.

Guests are encouraged to bring their own picnic lunches, but there are a variety of craft snacks available. "We chose local and artisan producers of products for our gift shop," says Dawn Rogers, director of marketing. "We gravitate toward farmers and businesses that produce products from a sustainable and environmental perspective and that use pure ingredients." These products include cheese from Beltane Farm, Beaver Brook Farm and Narragansett Creamery, cured meats from Daniele Foods, McCrea's Candies and crackers from Vermont Roots and On the Vine from New York.

The tasting room is open Sunday through Friday 11 a.m. to 5 p.m. and Saturday 11 a.m. to 4:30 p.m. In warm weather months there is a free daily winery tour at noon that includes a walk in the vineyard and a visit to the tank and barrel rooms.

860-535-0202, jedwardswinery.com

BISHOP'S ORCHARDS WINERY & FARM MARKET

1355 Boston Post Road, Guilford

The farm has been around since 1871, and is known for its orchards full of apples, peaches, pears, strawberries, raspberries, blueberries and blackberries. In 2005, Keith Bishop and family began using this bounty to produce fruit wines and hard ciders. If you like white and blush wines, you just might like Bishop's collection, which has a mix of dry, semi-dry and semi-sweet varieties. Among its most popular are Celebration 1871 (apple wine), Honey Peach Melba (apple, raspberry and peach), Rubus Nightfall (sparkling raspberry) and Apple Raspberry Blush.

For dining options there's fresh produce, and so much more. The farm market offers extensive options for cheese, featuring Colchester's Cato Corner Farm, and prepared foods like wraps,

JONATHAN EDWARDS WINERY



JONATHAN EDWARDS WINERY

sandwiches, meats, snacks, chocolates, crackers and Connecticut-grown products. Once you've loaded up on food and drink, have a seat at Bishop's outdoor picnic tables with views of the farm meadow, pond, brook and the orchard. You're likely to also see some llamas, alpacas, chickens and goats.

Open year round, Bishop's will host the 10th annual Shoreline Wine Festival on Aug. 13 and 14, when about 10 Connecticut wineries will offer their products for tastings and purchase in the Little Red Barn's Wine Shop.

203-453-2338, bishopsorchards.com/winery/about

ARRIGONI WINERY

1297 Portland-Cobalt Road, Portland

Named after the landmark Arrigoni Bridge that spans the Connecticut River between Middletown and Portland, the winery is situated on 200 acres of picturesque farmland nestled between Route 66 and the Connecticut River.

The winery, which celebrated its four-year anniversary in May, offers 18 wines. The most popular include the Ruby (a red wine), Sunset (a perfect-for-summer white), the Mango Madness wine slushie and the vineyard's sangria. Visitors often pack picnic lunches, but snacks like nuts, popcorn, candies, chocolates and an assortment of area cheeses and crackers are available for purchase.

There is live acoustic music every Friday evening and Sunday afternoon.

The vineyard is open year round, Friday 11 a.m. to 9 p.m. and Saturday and Sunday 11 a.m. to 6 p.m.

860-342-1999, arrigoniwinery.com

ARRIGONI WINERY



MONICA MAWHINNEY

SHARPE HILL VINEYARD

108 Wade Road, Pomfret

The folks at Sharpe Hill Vineyards have always known the experience at their winery is just as important as their wines (which have won an impressive 350 medals in international tastings.) Sample the semi-dry white Ballet of Angels, which combines 10 grape varieties.

Right after opening in 1997, the vineyard began offering salad plates to patrons in the tasting room. Popularity grew and soon the owners had to insist on reservations, which eventually prompted them to open a full-time restaurant.



SHARPE HILL VINEYARD

SHARPE HILL VINEYARD

The Fireside Tavern opened in 1999 and has become a culinary destination. Foodies travel to Pomfret from near and far to experience the restaurant's exceptionally curated menu. There are only eight entrees, one of which is a rotating special, and the restaurant is only open three days a week when the tasting room is open. Reservations are required and typically fill up two weeks in advance.

For those looking for a simple snack as they sip in the tasting room, fruit and cheese boxes are available. Outside food is not permitted.

860-974-3549, sharpeshill.com

HAIGHT-BROWN VINEYARD

29 Chestnut Hill Road, Litchfield

Connecticut's first vineyard, Haight-Brown has been producing wine for more than four decades. Offering four whites, three reds, an apple, a dessert and two seasonals, the winery created by Southern gentleman Sherman Haight pioneered the state's proliferation of wineries. It was also the first to host educational events and classes, including its popular wine, cheese and chocolate pairing class, still offered today. An on-site farm shop serves platters with artisanal fruit and cheese (30 types of cheeses!), as well as antipasto, and other gourmet foods. Or bring your own lunch or snacks — no drinks, though — and enjoy the picnic grove, an ideal spot for couples and families.

Open year round, including seven days a week Memorial Day into the fall, Haight-Brown hosts themed nights, including tapas and fondue, and caters private events with a more extensive menu. Have a seat on the lower patio with extended awnings or the upstairs deck with a view of the vineyard's 16 acres. Live music can often be heard outside.

860-567-4045, haightvineyards.com

LAND OF NOD WINERY

99 Lower Road, East Canaan

The winery's name is inspired by the Robert Louis Stevenson poem of the same name. Situated in the foothills of the Berkshires, this family-owned and -operated vineyard might just move you to compose a sonnet of your own. A nationally recognized bicentennial farm with roots that date back to before the Revolutionary War, the vineyard offers 10 varieties of wine. They're made with peaches, raspberries, black currants and grapes grown at the farm.

"We believe that wine is food from the land and it is at its best when served with food," states the vineyard's website, and there are plenty of opportunities for food and wine pairings. Guests can bring their own picnic lunches or purchase a gourmet snack. In addition, the nearby Roma Pizzeria delivers Italian food to the vineyard.

Land of Nod Winery is open through August on Friday, Saturday and Sunday, 11 a.m. to 5 p.m., and Saturday and Sunday with the same hours September through November.

860-824-5225, landofnodwinery.com

MIRANDA VINEYARD

42 Ives Road, Goshen

The Mirandas chose the location for their Portugal-style vineyard based on its unique microclimate, with rocky New England soil and cool breezes flowing

down from Mohawk Mountain and across Woodridge Lake. This unique land also makes for a great visitor experience.

The vineyard is known for its traditional European-style wines. It produces an award-winning, port-style white, and it is the only Connecticut winery to produce a "Vinho Verde" style of wine. This wine was recently awarded a silver medal at the Tasters Guild international Wine Competition. The most popular wine is the Goshen Farmhouse Red, another award winner.

Sample the offerings while looking over the scenic vineyard. For food, guests can enjoy expertly smoked cheeses and sausages from Nodine's Smokehouse.

The winery's summer hours are Friday and Saturday noon to 6 p.m. and Thursday and Sunday noon to 5 p.m.

860-491-9906, mirandavineyard.com

STONINGTON VINEYARDS

523 Taugwonk Road, Stonington

Food trucks have also made their way to this 58-acre farm winery in Stonington. On Friday evenings in July and August, the Brick&Basil Wood Fired Pizza Co. operates the resident truck, while free concerts are offered. Lady Copacabana and Rollin' Reds trucks join the party on summer weekends.

Stonington offers light bites like Boar's Head cheeses and meats, gourmet dipping pretzels and mustards, and gluten-free options. You'll also find a chocolate line from Stonington's MI Chocolate, which pairs well with the cabernet franc. Relax and dine at a table on the winery's patios, decks and gazebo, all overlooking the vineyard. Or bring your own picnic lunch, lawn chairs and blankets and dine on the lawn.

Winemaker Mike McAndrew produces European-style table wines, including the cabernet and estate chardonnays. Also try the Riesling, and other blends such as Pink Noir, Seaport White and Triad Rose, with all wines coming from grapes grown in southern New England.

Open seven days a week year round, Stonington hosts two events to consider adding to your calendar: Movie Night in the Vines on Aug. 27, showing the wine-themed *Sideways* on the big screen, and the annual Harvest Festival, with a full wine tasting, live bands, kids activities, food trucks and artisans, slated for Sept. 17 and 18.

860-535-1222, stoningtonvineyards.com

SUNSET MEADOW VINEYARDS

599 Route 63, Goshen

Tucked away in the Litchfield Hills, Sunset Meadow Vineyards is a family-run business that reflects the beauty and character of the region through its popular wines. Its semi-sweet red, Root 63, is a

perfect example. Named for the road the 32-acre vineyard sits on, this versatile wine features notes of strawberry, pomegranate and raspberry.

Foot traffic is encouraged here and visitors are welcome to bring their own picnic lunches to be enjoyed on the patio. But for those who are looking for a snack between tastings, SMV offers several sweet and savory treats. Purchase smoked meats and cheeses from Nodine's Smokehouse, as well as breads, jams and jellies.

Open Sunday, Monday and Thursday 11 a.m. to 5 p.m., and Friday and Saturday 11 a.m. to 6 p.m., SMV keeps its tasting room open year round.

860-201-4654, sunsetmeadowvineyards.com

PRIAM VINEYARDS

11 Shailor Hill Road, Colchester

Priam Vineyards sets itself apart by being a completely solar-powered winery and sustainable vineyard nestled in the Salmon River watershed of central Connecticut. The owners believe in doing things the most efficient way possible, and their 13 international award-winning wines prove they're onto something.

Stop by the vineyard and make a day of it by bringing your own meal or purchasing meats, cheeses and other packaged food and enjoying it on the patio. Food is not allowed in the tasting room.

On Friday nights through July and August, Priam hosts a concert series featuring local and regional talent. Food trucks and local vendors are present at those popular events to keep everyone full and happy.

From May through December, Priam is open Wednesday through Sunday from 11 a.m. to 6 p.m. March through April, hours are 11 a.m. to 6 p.m. Friday through Sunday.

860-267-8520, priamvineyards.com

GOUVEIA VINEYARDS

1338 Whirlwind Road, Wallingford

Sitting atop a hill in rural Wallingford, Gouveia Vineyards has to be one of the prettiest wineries in the state. The Stone House tasting room offers 360-degree, panoramic views over 32 acres of pristine vineyards, woodlands and open fields.

Open seven days a week March through December, Gouveia Vineyards scales back to Thursday through Sunday in January and February.

While the winery doesn't offer any food in its tasting room (guests are permitted to bring their own picnic lunches), the Gouveia family recently opened its first restaurant in town called The Library Wine Bar and Bistro. It is located in Wallingford's first library, which was built in 1899. The Gouveia family restored the building and crafted a Portuguese- and Mediterranean-

inspired menu that has diners intrigued. The wine list here is global in scope, and, of course, Gouveia's own wines are featured.

203-265-5526, gouveiavineyards.com



TAYLOR BROOKE WINERY

TAYLOR BROOKE WINERY

848 Route 171, Woodstock

This family-run vineyard in the Quiet Corner is celebrating its 12th anniversary this year. There have been some changes between three different addition projects. As owner Linda Auger says, "There's always something going on." But the dedication to the wines and wine lovers has never wavered.

At the winery, which is open Friday through Sunday, all visitors are granted a complimentary tasting of two wines. People can also opt for a tasting of eight wines for \$5.50 or what Auger calls "the whole shebang" — 14 wines for \$8.50. "We offer our customers options because we know not everyone is comfortable with a large tasting," she says.

Visitors are welcome to bring their own picnic lunches to enjoy on the premises, but Taylor Brooke does offer several local food options for purchase, including meats and cheeses from Nodine's Smokehouse, crackers, tapenades (olives, capers, anchovies and olive oil) and spreads.

860-974-1263, taylorbrookewinery.com

ROSEDALE FARMS & VINEYARDS

25 E. Weatogue St., Simsbury

As a combination farm and vineyard, food and drink go hand in hand at this fifth-generation family farm. Rosedale has been providing Simsbury and surrounding towns the freshest fruits, vegetables and flowers since 1920. Products including sweet corn, tomatoes, berries, melons, breads, cheeses, bakery items and much more are available in the farm store. Outside food is now allowed.

Come by for a tasting of five of the vineyard's wines and snack on something from the store. Rosedale also works with the Max Restaurant Group and hosts several wine dinners throughout the season. The final event, called the Summer Harvest Wine Dinner, will be held at Rosedale on Aug. 6 and will feature an impressive menu by chef Scott Miller.

860-651-3926, rosedale1920.com

MAUGLE SIERRA VINEYARDS

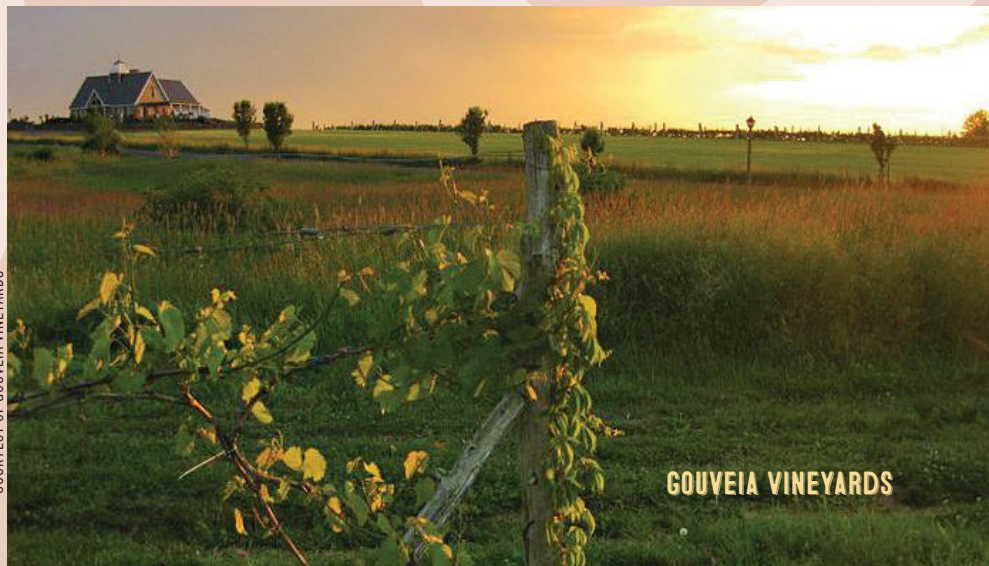
825 Colonel Ledyard Hwy., Ledyard

Maugle Sierra Vineyards, located in the scenic hills of the Quiet Corner, is committed to providing a memorable experience for visitors. Open every day through the season, it offers live music on Friday and Saturday evenings and Sunday afternoons all year long. There's no cover charge to enjoy the music as long as you're buying wine.

You can round out your night with a snack from the tasting room. The winery sells cheeses from Beaver Brook Farm in Lyme, Boar's Head pepperoni and Hauser chocolate truffles from Westerly, Rhode Island.

All pair easily with Maugle Sierra's array of wines, including the Ledyard Sunset White, a blend of Riesling and estate-grown cayuga that is "best enjoyed as a long sunset sip with friends." And don't forget to try the vineyard's decadent chocolate shooter — a dark-chocolate cup filled with the winery's dessert wine, Espiritu' de St. Croix.

860-464-2987, mauglesierravineyards.com



COURTESY OF GOUVEIA VINEYARDS

GOUVEIA VINEYARDS

**“WE BELIEVE THAT WINE IS FOOD
FROM THE LAND AND IT IS AT ITS
BEST WHEN SERVED WITH FOOD.”**

— LAND OF NOD WINERY, EAST CANAAN





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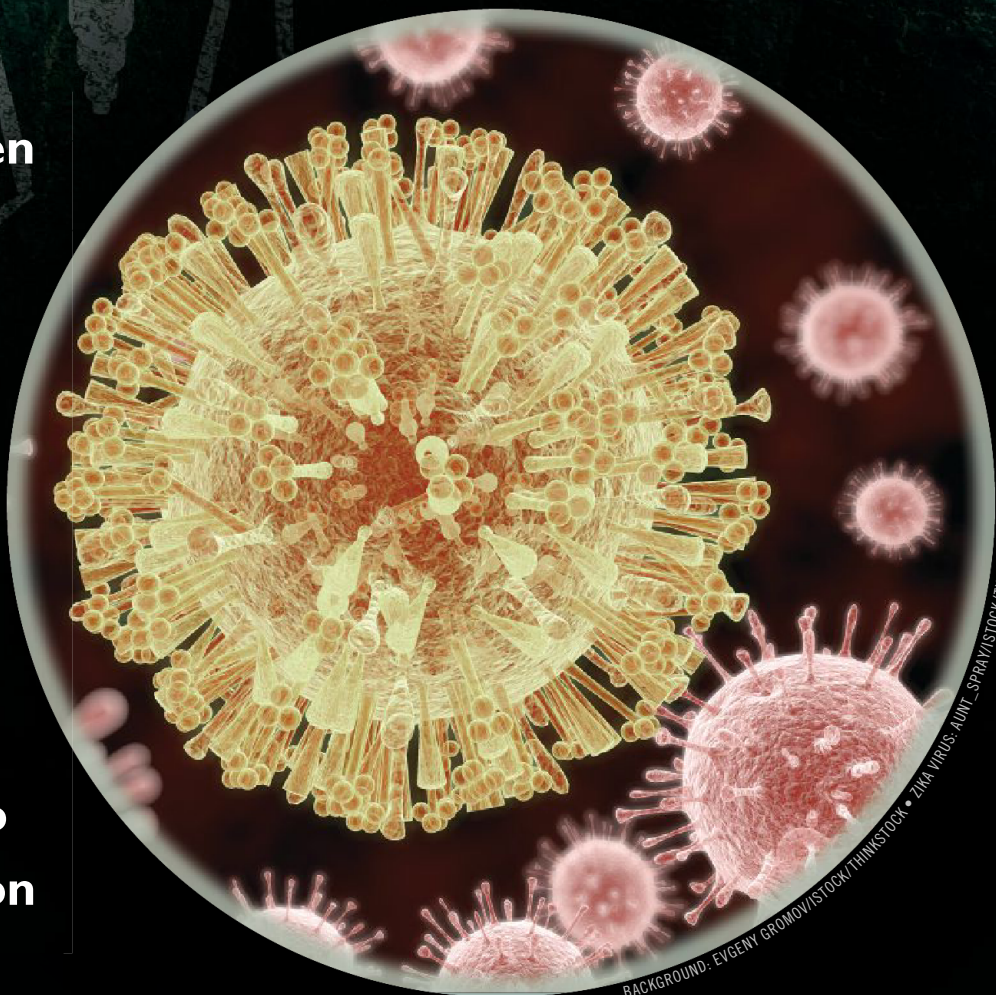


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FIGHTING **ZIKA** FROM CONNECTICUT

**A Meriden
company
moves
forward
with a
vaccine
as state
officials
monitor
mosquito
population**



BACKGROUND: EVGENY GROMOV/ISTOCK/THINKSTOCK • ZIKA VIRUS: AJUNT_SPRAY/ISTOCK/THINKSTOCK

BY ERIK OFGANG

Ziika (or Zika) Forest is located in central Uganda near the city of Entebbe. The tropical preserve, owned by the Uganda Virus Research Institute, is lush in plant life — Ziika means “overgrown” in the Luganda language — and rich in animal diversity. There are about 40 mosquito species, and the spot is a popular bird-watching location for tourists, among them former President Jimmy Carter, who once toured the forest.

Internet images show rolling hills brimming with green vegetation and shrouded in mist. However, like a fable in a fairy tale, the forest is the first place humans observed a molecular monster known as Zika, a powerful virus with the long-overlooked ability to attack fetal development.

In recent years, the mosquito-borne virus has spread throughout many of the warmer climates of the Americas, creating a global health epidemic and casting a shadow of worry over the 2016 Olympics, scheduled for this month in Rio de Janeiro. The virus has also surfaced in Connecticut, where multiple people, including eight pregnant women, have contracted the disease after traveling to heavily infected regions. But it is also here in Connecticut that Zika might meet its match.

■ ■ ■

Far away from Zika Forest, off I-91 in Meriden, scientists at Protein Sciences, a Connecticut pharmaceutical company, are working to create a vaccine for the virus.

Rachael S. Felberbaum, senior director of business development at the company, says she and colleagues started focusing on Zika at the beginning of the year, after it made international headlines.

Protein Sciences was founded in 1983. The company specializes in producing vaccines that teach the immune system to recognize and attack the surface protein of a virus. This contrasts with some traditional vaccines which are made from weakened or killed forms of the microbe or its toxins and can cause residual symptoms of the vaccine itself, such as a flu vaccine sometimes causing mild flu symptoms.

Protein Sciences’ most successful product is Flublok, a flu vaccine. All of the company’s vaccines are made by manipulating cells infected with baculoviruses — which are harmless to humans — and re-engineering those cells to generate large quantities of desired recombinant proteins. These proteins are designed to match the surface proteins of a given virus, teaching

a body’s immune system to recognize and attack that protein should it arrive attached to a harmful virus.

When it comes to Zika, this technology has some specific advantages, says Felberbaum. To develop a vaccine, Protein Sciences researchers do not need access to the actual Zika virus, just information on its surface protein, which the company already has. And because the vaccine would mimic only the protein, not the virus itself, there would be no chance of virus-like symptoms occurring in patients who took it. This is particularly important with Zika because “the population most at risk is pregnant women,” Felberbaum says.

In addition, Felberbaum says Protein Sciences’ technology has been proven in other vaccines. “It’s a plug-and-play platform; you can just change the code that you enter the system,” she says. “[The Zika vaccine] could be ready by the end of the year. We’ve had some early discussions with the FDA.”

■ ■ ■

First discovered in Zika Forest in 1947, the virus is in the same family as pathogens like West Nile, dengue and yellow fever. Only about one in five victims of the virus exhibit symptoms, and generally those with symptoms — including fever, an itchy pink rash, headaches, sensitivity to light and joint pain — recover within a week. For a long time many did not believe it posed much of a threat to humans. That was a mistake.

Today, more than 45 countries and territories are in the midst of Zika epidemics. These countries are located mostly in the

ment’s Zika research. But Nelson adds that for people “who are traveling to the Caribbean, to Mexico, to South and Central America, [the risk] is different.”

Connecticut will monitor which viruses mosquitoes carry in the state this summer through a series of mosquito traps operated by the Connecticut Agricultural Experiment Station. “We don’t think that in a Northern state like Connecticut with a relatively short mosquito season that we will have sustained transmission or a significant outbreak of Zika. That doesn’t mean we can’t have sporadic cases. We’ll know more after this season,” Nelson says.

The virus is believed to be common in Africa and Asia and only spread to the Americas recently, possibly in 2013. There it found a fertile breeding ground.

“It’s a completely naïve population, immunologically,” Nelson says. As a result it spread rapidly. In May 2015, it was identified as the cause of a “mystery disease” that had swept across northeast Brazil, and researchers began recognizing the link between Zika and microcephaly.

“There was a lot that was unknown about Zika. There were small outbreaks that occurred in different countries throughout the world, but they were quite contained,” says David Banach, head of infection prevention for UConn Health in Farmington. “It was difficult to really understand the true impact of Zika because of the relatively low number of cases in those type of outbreaks. The risk associated with pregnancy and microcephaly was potentially suspected in

“It’s a plug-and-play platform; you can just change the code that you enter the system. [The Zika vaccine] could be ready by the end of the year. We’ve had some early discussions with the FDA.”

— Dr. Randall Nelson, Connecticut Department of Public Health

Americas and South Pacific and include Brazil, Argentina, Ecuador and Puerto Rico. When contracted by a pregnant woman, the virus has been linked to microcephaly, which in severe cases can result in a child born with a small head and an underdeveloped brain.

The virus is spread via specific mosquito species and can also be transmitted human to human through sexual contact. Connecticut cases of Zika were caused by travel to affected regions; as of early July there were no reported cases of mosquitoes carrying Zika in Connecticut.

“If you’re a Connecticut resident, your risk of Zika virus is very low,” says state Department of Public Health veterinarian Dr. Randall Nelson, who heads the depart-

the past, but we didn’t really have enough cases to make that link.”

Banach says now that the dangers of Zika have become clear, there is more urgency for a vaccine to be developed. “I think that vaccination could have a potential high level of impact on this particular epidemic based on experiences with other types of vaccines for similar viruses.”

Protein Sciences is not the only pharmaceutical company or research institution working on a vaccine for Zika. There are dozens of others across the globe, including Inovio Pharmaceuticals in Pennsylvania, which collaborated with GeneOne Life Science, of Seoul, South Korea, for a Zika vaccine that began



Scientists at Protein Sciences, a Meriden pharmaceutical company, are working to create a Zika vaccine. The company specializes in producing nontraditional vaccines that teach the immune system to recognize and attack the surface protein of a virus. PROTEIN SCIENCES

human trials in June. In January, UConn pathobiologist Paulo Verardi also began working on developing a vaccine.

While vaccines can often take as long as a decade to be developed, researchers at Protein Sciences and elsewhere are hopeful the FDA will expedite the testing process because of the dangers posed by Zika. There will also be the potential for greater funding for Zika through the federal government; however, initial pushes in Congress for \$1.1 billion in Zika funding were bogged down in bipartisan fighting.

Funding opportunities aside, the number of companies and institutions working on a Zika vaccine is a positive sign, says Banach. "These kind of efforts really require a lot of collaboration between academia, the private industry and the government in order to attack these issues effectively."

■ ■ ■

On a June afternoon at Protein Sciences' Meriden lab, scientist Dan Gelperin takes a break from working on developing the vaccine to talk about his work. A member of the Zika research team, Gelperin is dressed in the classic white lab coat and is enthusiastic as he talks about efforts to combat the virus. Zika has an envelope protein, or E protein, that surrounds it and allows it to invade host cells. For its vaccine, Protein Sciences executives believe they have already successfully mimicked that E protein. Gelperin is in the process of developing a vaccine solution that has enough of the E protein in it to be effective.

Gelperin says it is difficult work because so little is known about the protein and how it reacts to other agents. "We have to develop all the analytical methods and tests, and that's really challenging because [we're] making something where you're not really sure what it should come out looking like. So you're not 100 percent sure if this is perfect or really good, or if it can be improved," he says. "The assumption is that as we get more experience with it and learn more about the characteristics of the protein, we can probably make improved versions, but [the goal] right now is to get something that is a very good candidate and not let the perfect slow us down."

In addition to scientific hurdles, there are funding obstacles that a successful vaccine will need to overcome. In 2014, Protein Sciences began work on an Ebola vaccine, but could not pursue it due to lack of funding. With Ebola, all the government funding "went to the large pharma companies," Felberbaum says. "The reason they tend to fund big pharma is they're not going to get flak for it; it's a safe bet." She adds that with this type of vaccine, public funding is necessary, as "it's not really a commercial product."

With its Zika efforts, the company has moved to better position itself for funding by entering into a partnership with an Argentinean pharmaceutical company, Sinergium Biotech, and Mundo Sano, a Buenos Aires-based foundation that works to control communicable diseases. Under the terms of the agreement, Sinergium will pay an upfront fee to fund the development and manufacturing of the vaccine. In return, Sinergium will receive manufacturing and commercial rights to the vaccine in Argentina and other countries to be determined. Mundo Sano will work to connect Protein Sciences with non-government organizations and other funding opportunities.

In the meantime, Gelperin remains proud of the work he is doing to combat the virus first observed by humans in Zika Forest decades ago. "I've worked in biotechnology before and done a lot of different, interesting things, but working on a vaccine, particularly one that has an immediate need right away, that's pretty cool. You can really feel the immediate usefulness of your work. You can explain to people you know that you're working on a Zika vaccine, and they go, 'yeah we need one of those.' It's fun to do the work and it's also very easy to appreciate how important it is."

ZIKA AT A GLANCE



DRPAS/ISTOCK/THINKSTOCK

The recent rise in the spread of Zika virus in Brazil has been accompanied by an unprecedented rise in the number of children being born with unusually small heads — identified as microcephaly. In addition, several countries, including Brazil, reported a steep increase in Guillain-Barré syndrome — a neurological disorder that could lead to paralysis and death. Based on research, there is scientific consensus that Zika virus is a cause of microcephaly and Guillain-Barré syndrome.

How do people catch Zika virus?

Zika virus is primarily transmitted to people through the bite of an infected *Aedes* mosquito, which also transmits chikungunya, dengue and yellow fever. Zika virus can also be transmitted through sexual contact.

Where do cases of Zika virus occur?

Local transmission of Zika virus by *Aedes* mosquitoes has been reported on the continents of Africa, the Americas and Asia.

Can the *Aedes* mosquito travel from country to country and region to region?

The *Aedes* mosquito is a weak flier; it cannot fly more than a quarter-mile. However, it may be possible for the mosquito to be accidentally transported from one place to another and introduce Zika virus to new areas.

What precautions should pregnant women take?

The Centers for Disease Control and Prevention advises women who are pregnant to:

- Avoid travel to any area where Zika virus is spreading.
- Take steps to prevent mosquito bites.
- Take steps to prevent getting Zika through sex by using condoms or abstaining.
- Talk to a doctor or other health care provider after traveling to an affected region even if they don't feel sick.

Should women of childbearing age who are not pregnant and not planning to get pregnant travel to an affected country?

"Only if [they] use birth control consistently," says *The New York Times*. "Half of pregnancies are unintended, according to some surveys. If you want to visit a country where Zika transmission has been reported, Dr. Laura E. Riley, a specialist in high-risk pregnancies at Massachusetts General Hospital, advises strict use of birth control."

"Women who become unexpectedly pregnant while traveling or shortly afterward will have to deal with blood tests, regular ultrasounds and a great deal of anxiety."

What are the symptoms of Zika virus disease?

Zika virus usually causes mild illness. Symptoms most commonly include a slight fever or rash, appearing a few days after a person is bitten by an infected mosquito. Although many will not develop any symptoms at all, others may also suffer from conjunctivitis, muscle and joint pain, and feel tired. The symptoms usually last from two to seven days.

How is Zika virus disease diagnosed?

Diagnosis is based on symptoms and the person's recent history (e.g. mosquito bites, or travel to an area affected by Zika). Laboratory testing can confirm the presence of Zika virus in the blood. However, this diagnosis may not be reliable, as the virus could cross-react with other viruses such as dengue, West Nile and yellow fever. A reliable, rapid, point-of-care diagnostic test is a research and development priority.

How is Zika virus disease treated?

The symptoms of Zika virus disease can be treated with common pain and fever medicines, rest and plenty of water. If symptoms worsen, people should seek medical advice.

Sources: World Health Organization, Centers for Disease Control and Prevention and *The New York Times*



TOP DENTISTS



Drs. Jerry Simon, Evelina Dragneva & Specialists

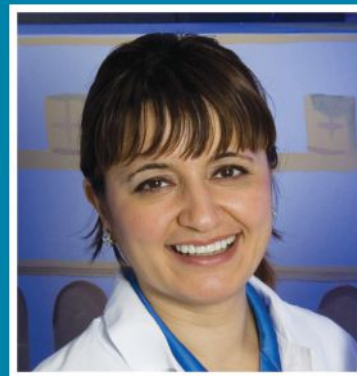
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Dr. Kudchadkar
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Dr. Feibish
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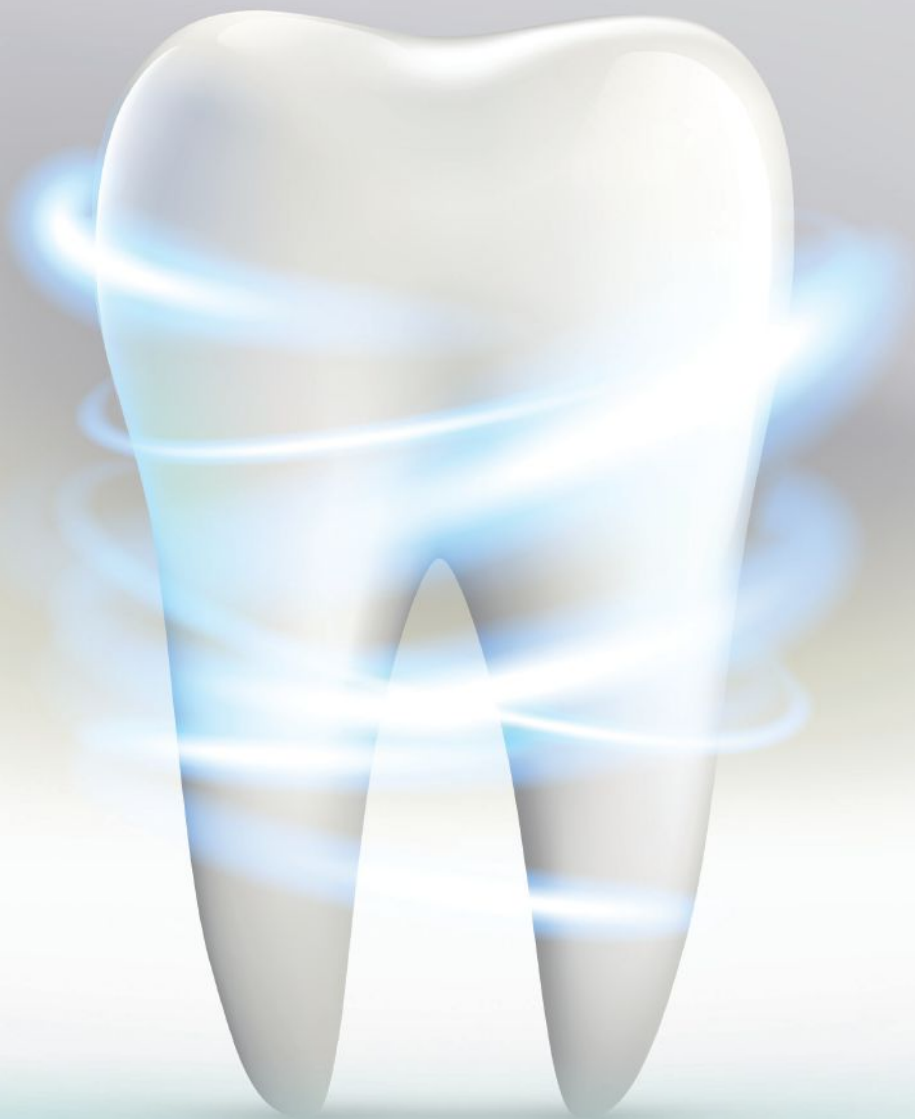


Dr. Zmuidzinis
Orthodontist
TOP DENTIST 2016



Dr. Roth
TOP DENTIST 2016

Which Connecticut dentists do other dentists recommend?



TRIFONENKO/ISTOCK/THINKSTOCK

TOP²⁰¹⁶ DENTISTS

Here are the results of our exclusive poll,
featuring 381 dentists in seven specialties.

HOW THE DENTISTS ARE CHOSEN

For 2016, we sent questionnaires to every dentist licensed in Connecticut — about 2,800 — asking them to recommend a dentist to whom they would send a loved one for care in seven categories. We received nearly 400 completed questionnaires, a very good return rate. Thus, every dentist listed has been recommended by a significant number of his or her peers; indeed, the only way to make the list is through these peer recommendations. (Dentists do not pay to make the list.)

We like to say that every dentist who makes the list is a good one, or at least a recommended one, but not every good dentist makes the list. You should use it as a reference, not the final word, as you search for someone to help you with your dental needs. You must ultimately do your own due diligence in order to decide which dentist is right for you or your loved ones.



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680 Bridgeport Ave., Shelton, 203-380-0660

Gabrielle Sykoff

1500 Summer St., Stamford, 203-324-6171

Hiroshi Tsuyuki

149 East Ave., Norwalk, 203-838-4191

Steven Ureles

190 Hempstead St., New London, 860-447-3216

John Wong

2080 Whitney Ave., Hamden, 203-248-5742

Jeffrey Wrubel

345 N. Main St., West Hartford, 860-523-4213

Anastasia Zarakiotis

42 Sherwood Place, Greenwich, 203-422-5437

**periodontics****Richard Amato**

324 Elm St., Monroe, 203-803-4688

Jonah Barasz

546 S. Broad St., Meriden, 203-630-1312

Alan Berkson

431 New Haven Ave., Milford, 203-877-5106

Matthew Cantner

97 Elm St., Old Saybrook, 860-388-4439

Robert Carnevale

2 Shaws Cove, New London, 860-443-1114

Robert Chung

4 Dearfield Drive, Greenwich, 203-661-3733

Lawrence Delibero

115 Technology Drive, Trumbull, 203-459-1210

Brian Evans

60 Washington Ave., Hamden, 203-288-5916

Bianca Flora

36 Padanaram Road, Danbury, 203-748-5717

Craig Foisie

97 Elm St., Old Saybrook, 860-388-4439

David Gelb

836 Farmington Ave., West Hartford, 860-236-8550

Lawrence Gelb

535 Saybrook Road, Middletown, 860-346-9665

Jeffrey Goldschmidt

6 Park Place, New Britain, 860-224-7751

David Gottlieb

10 Mott Ave., Norwalk, 203-853-1120

Peter Guida

469 Buckland Road, South Windsor, 860-644-2340

John Holzinger

410 Saybrook Road, Middletown, 860-347-8457

Michael Israel

26 Lakeside Blvd. E., Waterbury, 860-496-0311

Terence Jackson

47 Oak St., Stamford, 203-252-2252

Selma Kaplan

10 Mott Ave., Norwalk, 203-857-4840

Robert Kiel

281 Hartford Tpke., Vernon, 860-871-1311

James Koutsoukos

805 E. Main St., Stamford, 203-973-0533

Brenton Lahey

1185 Silas Deane Hwy., Wethersfield, 860-563-2331

Vincent Laporta

360 Tolland Tpke., Manchester, 860-506-3564

William Lavine

928 Farmington Ave., West Hartford, 860-236-6266

Howard Levinbook

6 Park Place, New Britain, 860-224-7751

Jenny Mathews

131 Kings Hwy. N., Westport, 203-227-8990

Steven Meltzer

3 Northwestern Drive, Bloomfield, 860-688-5595

Harvey Miller

8 Walnut St., Danbury, 203-748-8114

Brete Moran

5 S. Main St., Branford, 203-483-8656

Randall Neichin

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Tatyana Oks

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Peter Peterson

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Kevin Purviance

61 S. Main St., West Hartford, 860-236-2566

John Rallo

1081 Hope St., Stamford, 203-329-8444

Satoko Rubin

469 Buckland Road, South Windsor, 860-644-2136

Jamison Scott

23 Holcomb Hill Road, West Granby, 860-521-3958

Cary Shapoff

71 Beach Road, Fairfield, 203-255-7771

Michael Sonick

1047 Old Post Road, Fairfield, 203-254-2006

Jesse Sorrentino

291 Farmington Ave., Farmington, 860-658-5552

John Tanzilli

1825 Barnum Ave., Stratford, 203-375-6090

William Tarasuk

1064 Chase Pky., Waterbury, 203-597-0055

Sejal Thacker

82 Spring Lane, West Hartford, 203-380-0660

Gregory Toback

190 Hempstead St., New London, 860-443-2428

Christopher Traylor

130 New London Tpke., Norwich, 860-889-3889

Eman Traynor

56 Lafayette Place, Greenwich, 203-661-5885

Marianne Urbanski

190 Hempstead St., New London, 860-443-2428

Thomas Valluzzo

57 North St., Danbury, 203-794-0419

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10 Mott Ave., Norwalk, 203-853-1120

Perry Wasserlauf

71 Beach Road, Fairfield, 203-255-7771

Donald Weeks

149 Durham Road, Madison, 203-245-6985

Barry Weiss

60 Washington Ave., Hamden, 203-288-5916

**prosthodontics****Marjorie Barndt**

112 Cross Road, Waterford, 860-447-1787

Michael Christian

625 Hopmeadow St., Simsbury, 860-658-1991

John Corino

10 Mott Ave., Norwalk, 203-854-9565

Pablo Cuevas

111 Beach Road, Fairfield, 203-254-0545

Joseph Cydylo Jr.

4 Morris St., Bristol, 860-583-6630

Aurora Dibner

365 Willard Ave., Newington, 860-666-7910

Marie Falcone

24 Old Kings Hwy. S., Darien, 203-655-1541

Keith Ferro

10 Crossroads Plaza, West Hartford, 860-559-8835

Benjamin Frank

105 Newtown Road, Danbury, 203-744-7317

Gary Horblitt

2226 Black Rock Tpke., Fairfield, 203-366-7600

Damon Jenkins

2991A South St., Coventry, 860-742-6665

Vernon Kwok

80 Seymour St., Hartford, 860-545-2700

Frederick Landy

1420 Main St., Glastonbury, 860-659-0278

Walter Leckowicz Jr.

103 Market Square, Newington, 860-666-1466

Amalie Lomartire

921 State St., New Haven, 203-865-2245

Francesco Maratta

2 Church St., New Haven, 203-773-1701

Bruce Nghiem

625 Hopmeadow St., Simsbury, 860-658-1991

Jeffrey O'Connell

1177 Post Road, Fairfield, 203-292-9292

Dimitri Perdakis

820 Farmington Ave., West Hartford, 860-232-3211

Andrew Ponichtera

8 Cobbs Road, West Hartford, 860-561-3319

Benedict Rich

6 Eversley Ave., Norwalk, 203-838-2588

Steven Rothenberg

24 Old Kings Hwy. S., Darien, 203-655-1541

Darryl Simms

281 Hartford Tpke., Vernon, 860-871-2618

Jerome Simon

1500 Summer St., Stamford, 203-324-6171

Dennis Sindel

112 Cross Road, Waterford, 860-447-1787

Thomas Taylor

263 Farmington Ave., Farmington, 860-679-7692



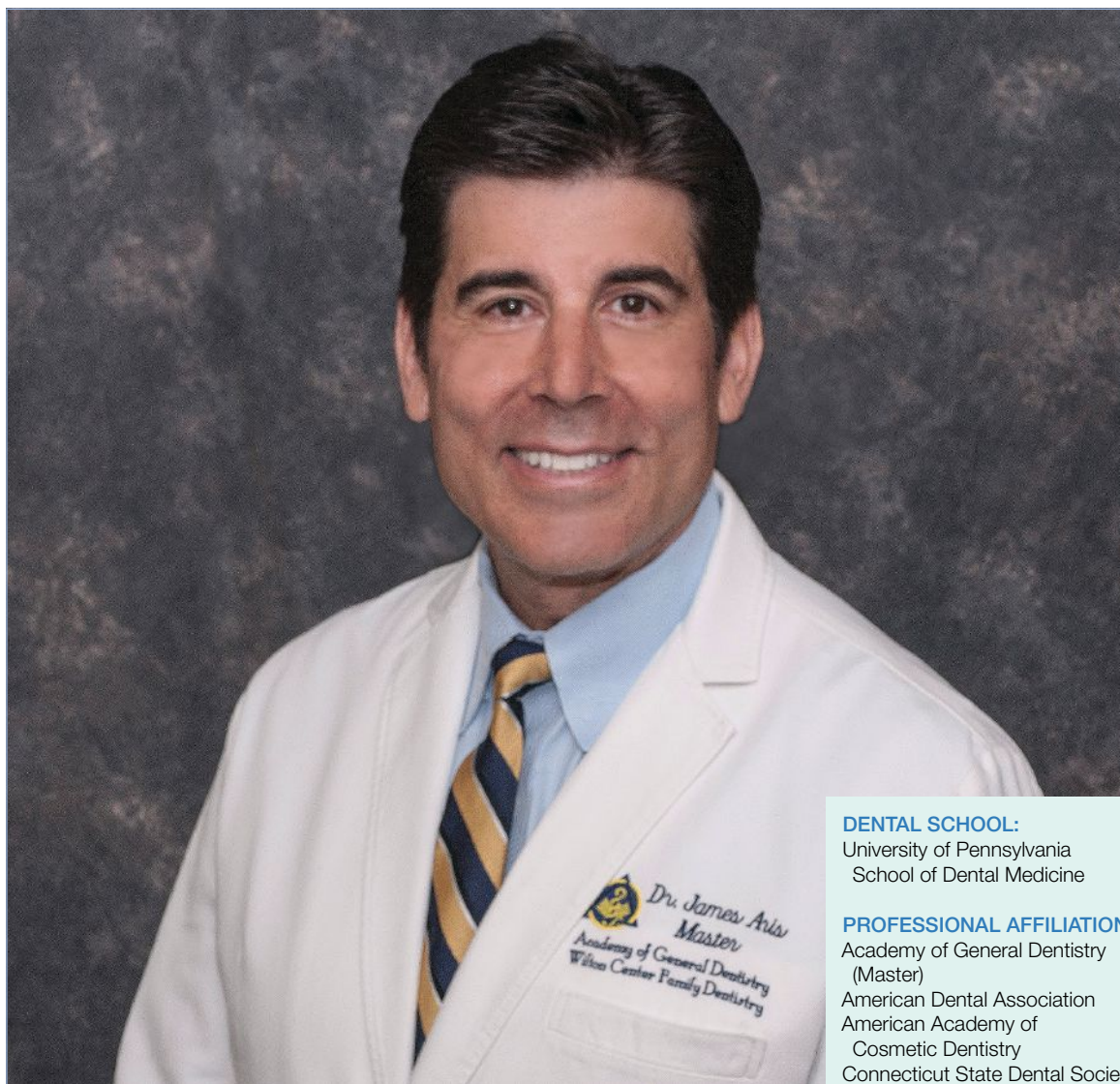
CONNECTICUT[®]
M A G A Z I N E

2016 TOP DENTISTS

P R O F I L E S

Written by **SHERRY SHAMEER COHEN**

Photos by **WAYNE DOMBKOWSKI**



JAMES T. ARIS, D.M.D., M.A.G.D.

DR. JAMES T. ARIS IS A GRADUATE OF THE UNIVERSITY OF PENNSYLVANIA SCHOOL OF DENTAL MEDICINE, where he served as president of the Endodontics Club and was a member of the Tri-Beta Biological Honor Society. Since finishing dental school, he has logged over 1,500 hours of continuing education. Dr. Aris' extraordinary commitment to education allows him to perform sophisticated procedures including full-mouth reconstructions, root canals, implants, and bone grafts. He is among the top one percent of general dentists in this country who have earned a Mastership from the Academy of General Dentistry.

"Patients come first" at his practice, he says. "That's what drives us to seek out world-class educators to bring back world-class dental knowledge for the benefit of our patients." Dr. Aris and his team offer compassionate care, and are determined to make all patients feel comfortable from the minute they walk into the inviting reception area. This is especially important, he feels, for younger patients. "Attitudes and habits established at

DENTAL SCHOOL:

University of Pennsylvania
School of Dental Medicine

PROFESSIONAL AFFILIATIONS

Academy of General Dentistry
(Master)
American Dental Association
American Academy of
Cosmetic Dentistry
Connecticut State Dental Society
Greater Norwalk Dental Society
(Past President)
Spears Study Club
The Dawson Academy (Scholar)

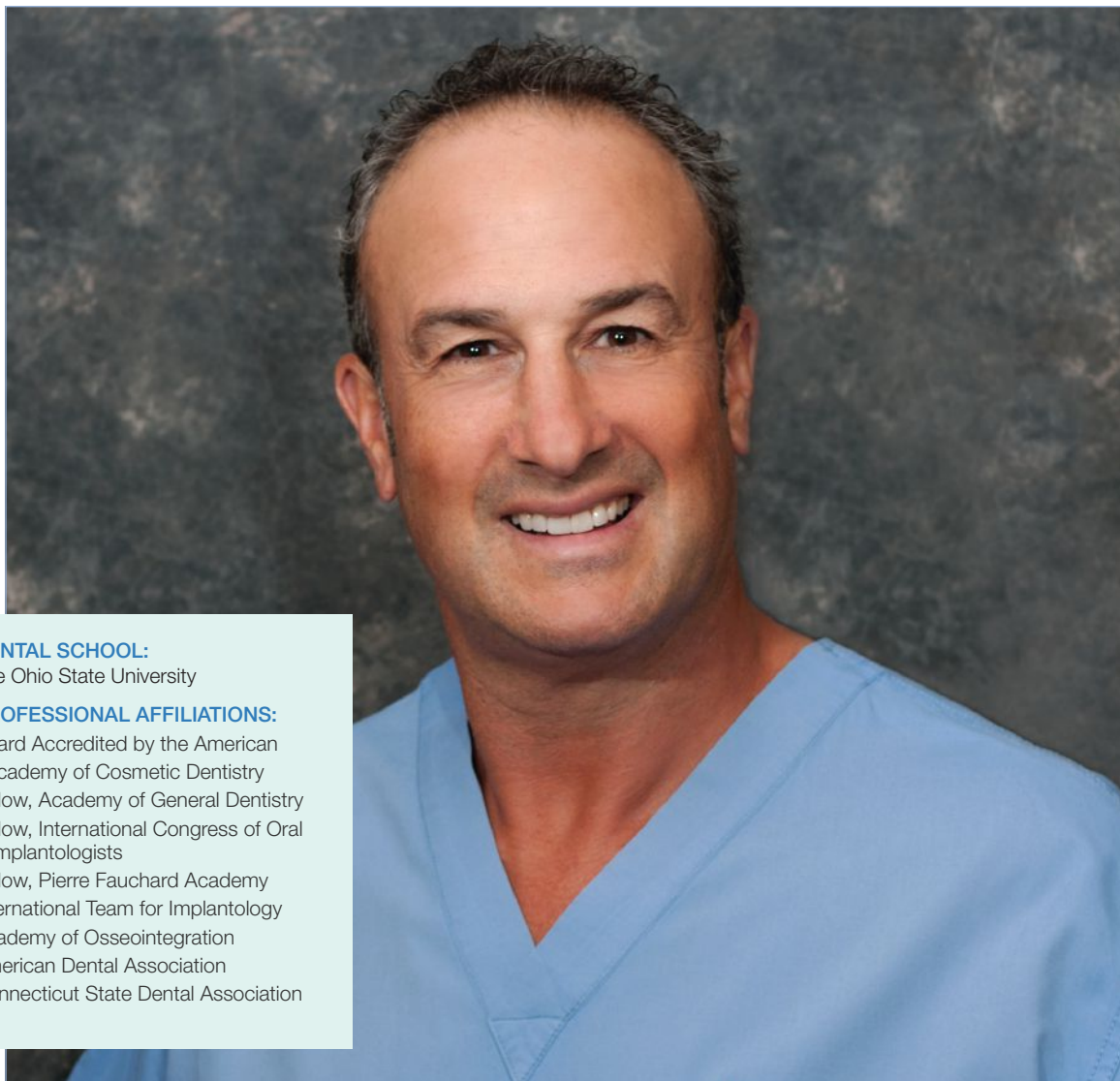
an early age are critical in maintaining good oral health for life," stresses Dr. Aris.

In addition to his Mastership Award, Dr. Aris was named Scholar of the Dawson Academy, where dentist come together to gain a better understanding of not only teeth, but also the muscles and systems that control them. Dr. Aris recently completed an intensive one-year course on Advanced Full-Mouth Reconstruction at NYU Linhart Continuing Dental Education, and is recognized as a Leading Physician of the World and Top General & Cosmetic Dentist.

Dr. Aris' practice has state-of-the-art technology including Planscan CAD/CAM, which he praises for "accurate form and function" as well as same day results for crowns and veneers. He has also volunteered his expertise as a CAD/CAM dentist for the past four years at the Connecticut Mission of Mercy. "I'm inspired on a daily basis by the patients I'm fortunate to serve," he says.

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**DENTAL SCHOOL:**

The Ohio State University

PROFESSIONAL AFFILIATIONS:

Board Accredited by the American Academy of Cosmetic Dentistry
Fellow, Academy of General Dentistry
Fellow, International Congress of Oral Implantologists
Fellow, Pierre Fauchard Academy
International Team for Implantology
Academy of Osseointegration
American Dental Association
Connecticut State Dental Association

JEFFREY A. BABUSHKIN, D.D.S., F.A.G.D., F.I.C.O.I., A.A.A.C.D.

DR. JEFFREY BABUSHKIN IS THE ONLY DENTIST IN FAIRFIELD COUNTY THAT IS BOARD ACCREDITED BY THE AMERICAN ACADEMY OF COSMETIC DENTISTRY.

One of three dentists in the State of Connecticut, he joins an elite group of 369 dentists worldwide. The AACD is a prestigious organization dedicated to advancing excellence in comprehensive oral care that combines art and science to optimally improve dental health, esthetics, and function. Achieving accreditation requires the highest level of proficiency and successful completion of the most rigorous credentialing process in the field of cosmetic dentistry.

Dr. Babushkin is a Fellow in the Academy of General Dentistry, a credential earned by only 7 percent of general dentists. He is also a Fellow in the International Congress of Oral Implantologists. Dr. Babushkin has been awarded Fellowship in the Pierre Fauchard International Honor Dental Organization, which emphasizes professionalism, integrity and ethics in dentistry. This honor is achieved by nomination from dental leaders and recognizes outstanding achievements in dentistry.

As a leader in the field, Dr. Babushkin lectures extensively on dental implant restorations and achieving superior esthetic results. Passionate about dentistry, Dr. Babushkin is committed

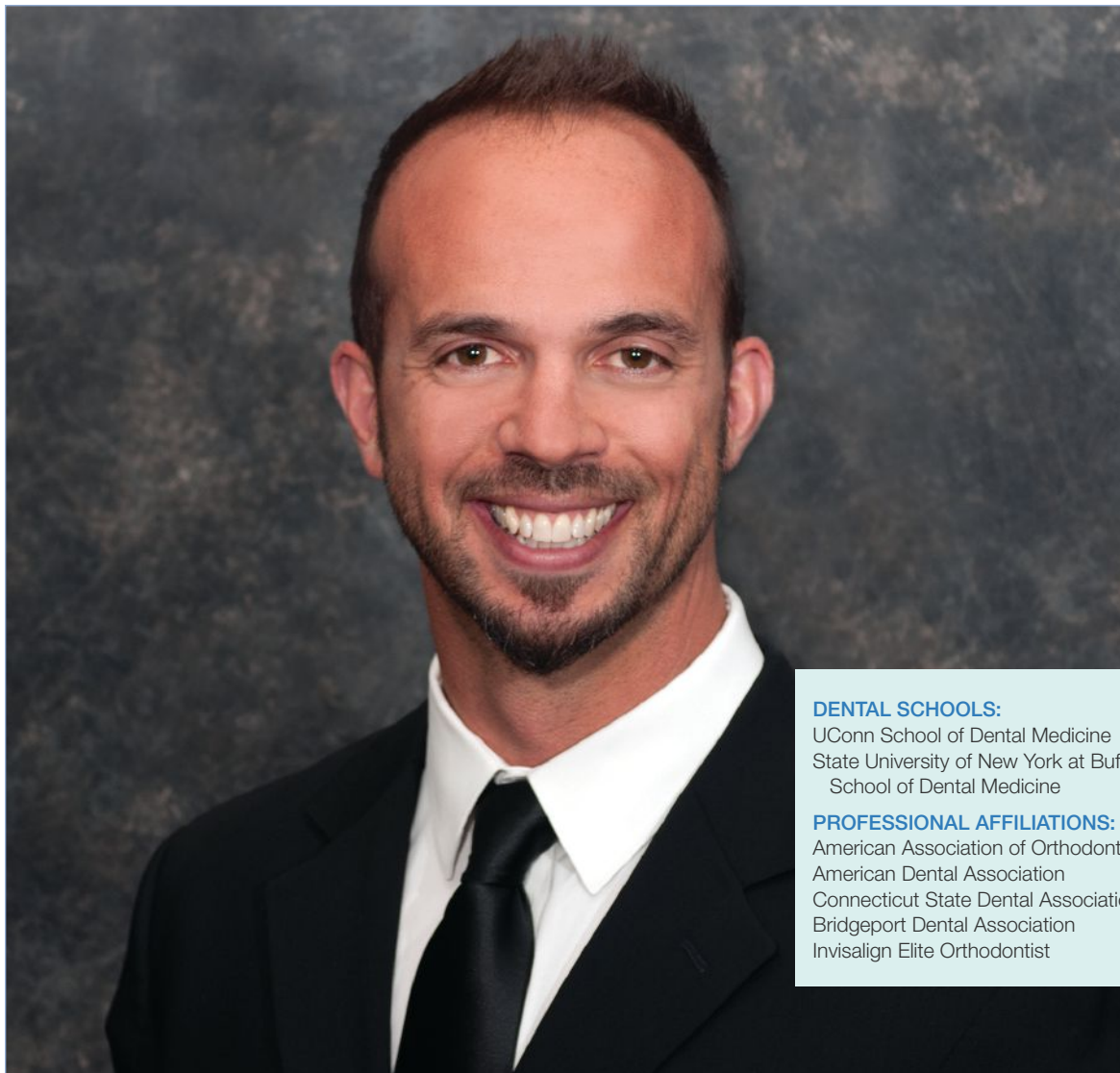
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to a lifetime of professional development, as both a student and a lecturer. "It's the way I stay knowledgeable about the most current dental techniques and share that knowledge with fellow dentists."

Dr. Babushkin graduated from The Ohio State University College of Dentistry and completed a general practice residency at the University of Maryland Medical System. He subsequently completed an American Academy of Implant Dentistry Maxicourse in Oral Implantology at Brookdale Hospital.

His practice is in a state-of-the-art facility with the most up to date technological advancements including cone beam CT scanning with 3D imaging system for better diagnosis and treatment, CEREC single visit crowns, soft tissue laser, digital X-rays and intraoral photography. This technology, along with Dr. Babushkin's expertise assures patients the safest and most comfortable treatment possible. Services include digital smile design and full mouth restoration, porcelain veneers, crowns, implant restorations, Invisalign clear braces, teeth whitening and family dentistry. The entire Cosmetic & Preventive Dentistry team is committed to providing optimal dental care in a professional and compassionate environment.



DENTAL SCHOOLS:

UConn School of Dental Medicine
State University of New York at Buffalo
School of Dental Medicine

PROFESSIONAL AFFILIATIONS:

American Association of Orthodontists
American Dental Association
Connecticut State Dental Association
Bridgeport Dental Association
Invisalign Elite Orthodontist

JOSHUA E. BAUM, D.M.D., M.S.

DR. JOSHUA BAUM GRADUATED MAGNA CUM LAUDE FROM TUFTS UNIVERSITY with a B.S. in biology. He earned his D.M.D. from the UConn School of Dental Medicine and M.S. and Orthodontic Certificate from SUNY Buffalo. His extensive educational background, coupled with his tremendous experience, expertise and gentle manner has made him a peer-esteem member of the orthodontic community.

He recommends that children have their first orthodontic visit at age seven. This proactive approach makes it easier to treat many issues while bones are soft and growing. Early correction of jaw growth can circumvent the need to pull teeth and give patients a better self-image earlier in life. Another advantage is that children typically wear braces for a shorter period of time.

Dr. Baum recognizes that many teenagers and adults prefer a more aesthetic and less noticeable approach to treatment and thus has become one of a prestigious few “Invisalign Elite” doctors, demonstrating the highest level of achievement. He was a

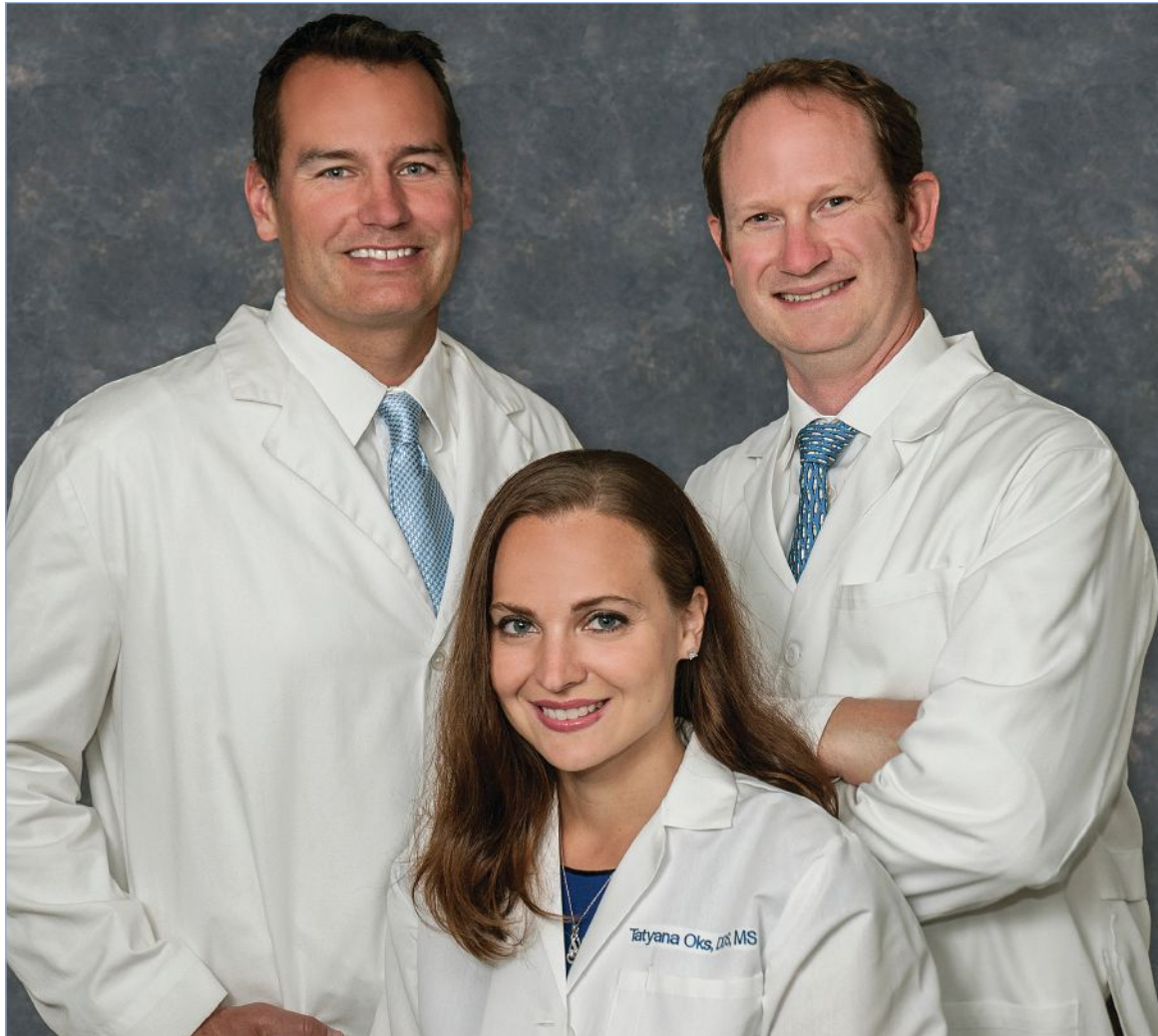
DR. JOSHUA E. BAUM ORTHODONTICS, PC

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trial doctor for our area when Invisalign Teen was in its research and development stage, and was Connecticut’s first official Invisalign Teen provider. He has also lectured for Invisalign to provide continuing education credits for other orthodontists.

Dr. Baum’s patient-friendly environment doesn’t feel like a typical orthodontist office. Electric guitars and skateboards adorn the walls and there is a full-sized arcade. Dr. Baum states that one of his main goals is to “have fun every day and to treat our patients as if they were guests in our home.” His staff takes the same approach; “we strive to make sure that our patients not only end up with a great smile, but that they keep smiling with us throughout the process.” His staff includes registered hygienists and certified orthodontic assistants, all of whom are extremely professional and well trained, and most have been working together for over a decade. He says, “We truly believe there is no profession better or more rewarding than helping to create smiles!”

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MATTHEW CANTNER, D.M.D. CRAIG FOISIE, D.M.D., M.S. TATYANA OKS, D.D.S.

There are few periodontal and dental implant practices anywhere that bring to the table the decades of experience of both doctors and staff that River Valley Periodontics & Implant Dentistry offers. With over 70 years' combined experience in periodontal and implant therapy, it is difficult to find a clinical situation we have not encountered and treated successfully. Continually striving to provide each and every patient the finest, gentlest, most up-to-date and quality treatment in a caring environment is our number one goal. With that in mind, we work very closely with our referring doctors in a team approach to total patient care. When appropriate, laser therapy and other minimally-invasive techniques are offered for a gentle approach to the treatment of periodontal diseases. And for apprehensive patients, various forms of sedation are available to make the process painless.

DR. MATTHEW CANTNER completed his DMD degree and periodontal residency at the University of Pennsylvania, where he received the Director's Award for Top Resident and highest achievement from the Northeast Society of Periodontics.

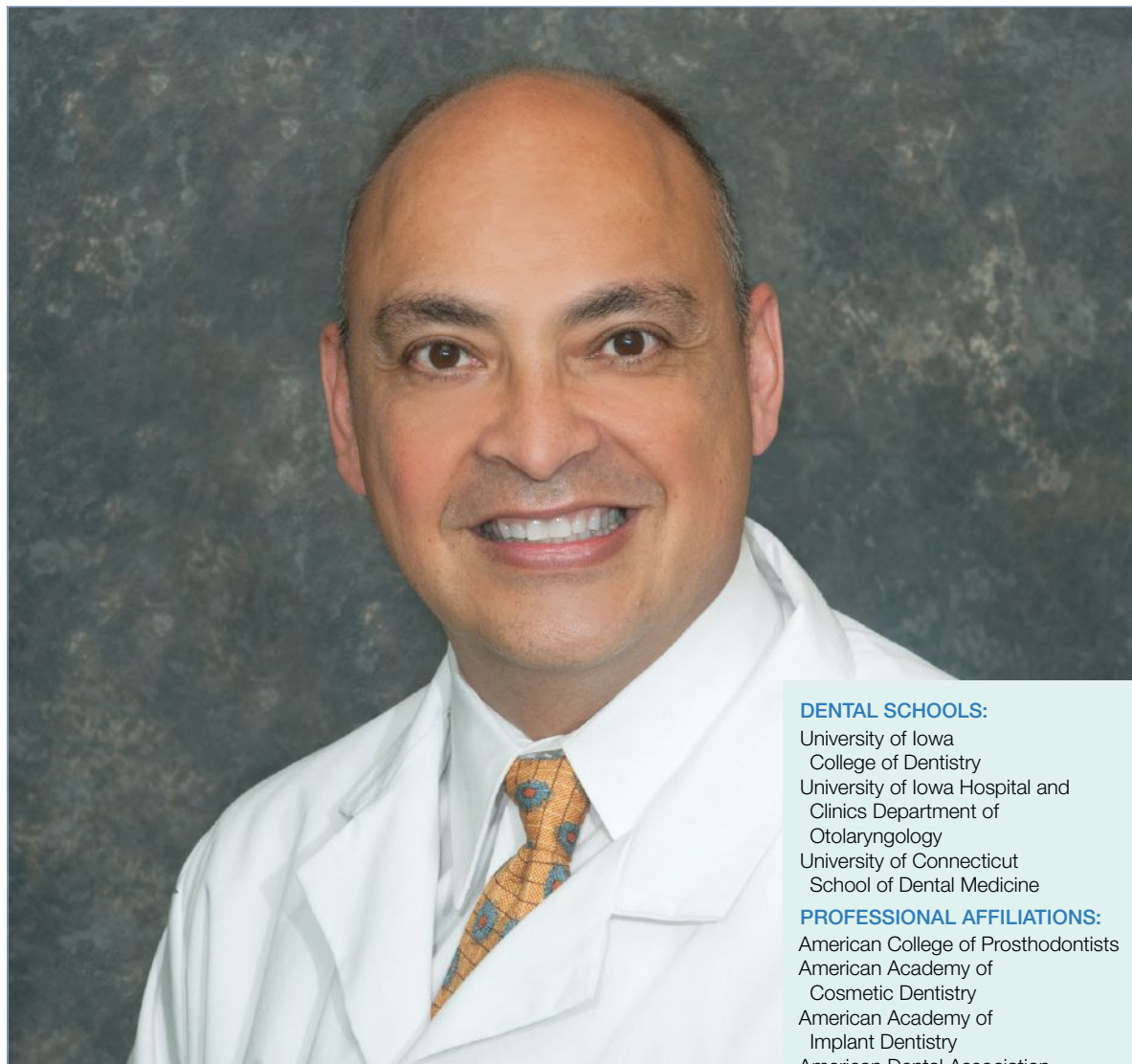
DR. CRAIG FOISIE earned his DMD at Boston University, a certificate in Advanced Education in General Dentistry from the Naval Dental Center in Norfolk, VA, a certificate in periodontology from the Naval Postgraduate Dental School in Bethesda, MD, and a master's in oral biology from George Washington University. He is a past president of the Connecticut Society of Periodontists.

DR. TATYANA OKS earned her DDS from Columbia University, continuing her post-doctoral training and earning a master's degree in periodontics and implant surgery there as well. She has served on Dean's Faculty at the University of Maryland dental school, where she taught clinical periodontics.

DR. I.L. (LEE) CANTNER II earned his DMD from the University of Pennsylvania and did his residency in periodontics at Boston University. He held a faculty position at Penn, taught at the US Public Health Service and worked in private practice in Philadelphia prior to joining the practice in 1978.

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DENTAL SCHOOLS:

University of Iowa
 College of Dentistry
 University of Iowa Hospital and
 Clinics Department of
 Otolaryngology
 University of Connecticut
 School of Dental Medicine

PROFESSIONAL AFFILIATIONS:

American College of Prosthodontists
 American Academy of
 Cosmetic Dentistry
 American Academy of
 Implant Dentistry
 American Dental Association
 Connecticut State Dental Association

PABLO CUEVAS, D.D.S.

DR. PABLO CUEVAS, a prosthodontist, is a specialist in cosmetic and implant dentistry. With 31 years' experience, he has been committed to excellence in dentistry as a lecturer, and tenure-track faculty member, researcher and practitioner. After earning his dental degree from the University of Iowa, he was accepted into a premier postgraduate specialty training residency in prosthodontics. He then completed an American Cancer Society Fellowship in oncology and maxillofacial prosthetics at the University of Iowa Hospitals and Clinics, Department of Otolaryngology (consistently ranked No. 1 by *U.S. News & World Report*). After this extensive mastery-level training, he was recruited to the nationally top-ranked UConn School of Dental Medicine. As a full-time tenure-track faculty member, Dr. Cuevas taught both undergraduate and graduate-level courses. His publications and research projects focus primarily on dental implants and cosmetic dentistry. He was also editor of a "Dental Question and Answer" column for the *Fairfield Citizen*.

In his state-of-the-art boutique private practice in the heart of Fairfield, Dr. Cuevas offers exceptional treatment. "The thing that I hear most from new patients," he says, "is how absolutely thorough and complete their initial examination is. Nothing is overlooked; no detail is too small. We care deeply about each and every one of our patients. From the moment you arrive to the moment you leave, we want you to feel comfortable and confident in our expert hands." He is motivated, he says, by the belief that "every person deserves a natural-looking, healthy and radiant smile."

He adds, "I could not do what I do without a highly trained, caring, and dedicated staff. Remi, Kathy, Zoraida, Camila, April, May, Erin, and Meghan make going to work each day a great pleasure." Anyone who knows him would tell you that he has a deep passion for excellence. He feels it is an honor and a privilege to serve. "If a beautiful smile is what you once had or always wanted, this is the office that can create it for you. Call us for a consultation today!"

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ANTONIO LEPORE, JR., D.D.S. ANNEMARIE DELESSIO-MATTA, D.M.D.

DRS. ANTONIO LEPORE, JR. AND ANNEMARIE DELESSIO-MATTA of Pediatric Dental Associates of Southbury offer comprehensive oral health care for infants, children and adolescents. Both are diplomates of the American Board of Pediatric Dentistry and members of the College of Diplomates.

DR. ANTONIO LEPORE graduated magna cum laude from SUNY Albany and earned his doctorate from Stony Brook University School of Dental Medicine. He completed his residency in general dentistry at Albany Medical Center, where he was an assistant professor of surgery and residency program director. He completed his residency and fellowship in pediatric dentistry at the UConn School of Dental Medicine. He works closely with Connecticut Children's Medical Center's craniofacial team.

DR. ANNEMARIE DELESSIO-MATTA earned her B.S. in biology from Saint Francis University in Pennsylvania, and her doctorate from University of Connecticut School of Dental Medicine. Dr. Mimi completed her residency at Brigham and

Women's Hospital in Boston and her training in pediatric dentistry at St. Barnabas Hospital in the Bronx. She is on staff at St. Mary's Hospital in Waterbury and provides post-trauma care for fall or sports injuries.

Drs. Lepore and Delessio-Matta are happy to announce a new partner, Dr. Elina Bilman to the practice. Dr. Bilman is a Diplomate of the American Board of Pediatric Dentistry and a member of the College of Diplomates. She graduated summa cum laude from SUNY Binghamton and went on to receive her dental degree at the University of Pennsylvania. Her pediatric dental training was completed at the University of Connecticut School of Dental Medicine. Dr. Elina currently holds hospital privileges at the Connecticut Children's Medical Center in Hartford and St. Mary's Hospital in Waterbury.

Drs. Lepore, Delessio-Matta and Bilman, along with their staff, are passionate about preventive care and education and seek to make everyone feel comfortable in their state of the art office. They love treating children with special needs and are active in supporting many local community organizations.

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**IRA J. STEIN, D.D.S., F.A.G.D.
JAY L. DWORKIN, D.M.D.
ROBERT L. LERMAN, D.M.D.
LAUREN DIBENEDETTO, D.D.S.**

Southern Connecticut Dental Group is a full-service practice that offers comprehensive, compassionate dental care for adults and children.

DR. IRA STEIN earned his degree from New York University College of Dentistry. He did a general practice residency at Jewish Memorial Hospital in New York. He further trained at the L.D. Pankey Institute for Advanced Dental Education, Dawson Center for Advanced Dental Studies, and Seattle Institute for Advanced Dental Studies. A Fellow of the Academy of General Dentistry, he is a member of the American Academy of Dental Sleep Medicine, American Dental Association, Connecticut Dental Association, Naugatuck Valley Dental Society, and Naugatuck Valley Chamber of Commerce.

DR. JAY DWORKIN graduated from Tufts University School of Dental Medicine. He also completed his general practice residency at Jewish Memorial Hospital. He did post-graduate work at the L.D. Pankey Institute for Advanced Dental Education, Dawson Center for Advanced Dental Studies, and Institute for Advanced Dentistry in Boston. He is a member of the Naugatuck Valley Dental Society, Fairfield County Dental Study Club, Southbury Business Association, American Dental

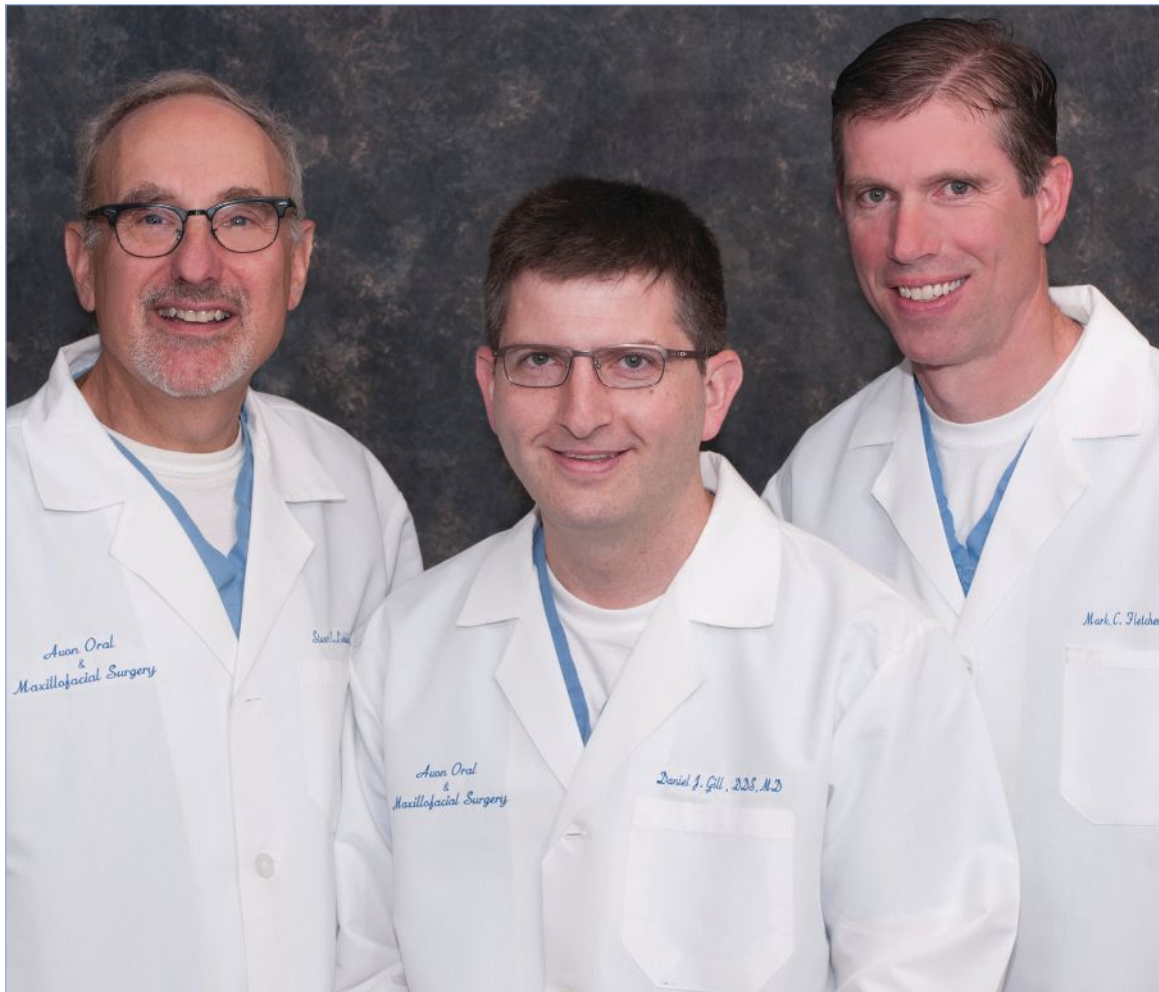
Association, Connecticut State Dental Society, Academy of General Dentistry, and American Academy of Cosmetic Dentists.

DR. ROBERT LERMAN is a graduate of UConn School of Dental Medicine. He did his general practice residency at Southbury Training School and pediatric dental residency at Albert Einstein College of Medicine. He served as president of the Connecticut Society of Pediatric Dentists and Naugatuck Valley Dental Society. A member of the American Dental Association, American Society of Dentistry for Children, and American Society of Pediatric Dentistry, he was director of dentistry at Griffin Hospital.

DR. LAUREN DIBENEDETTO graduated from New York University College of Dentistry, where she received an award for excellence in pediatric dentistry and served as the President of the Pediatric Dental Society. She completed her residency training in pediatric dentistry at Yale-New Haven Hospital. She is a board-certified Diplomate of Pediatric Dentistry and a member of the American Dental Association, Academy of Laser Dentistry, American Academy of Pediatric Dentistry, and Connecticut State Pediatric Dental Society.

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southernctdental.com



STUART E. LIEBLICH, D.M.D. DANIEL J. GILL, D.D.S., M.D. MARK C. FLETCHER, D.M.D., M.D.

DRS. MARK C. FLETCHER, STUART E. LIEBLICH AND DANIEL J. GILL offer both office-based and hospital-based dental surgical procedures including dental implants, wisdom teeth removal, bone grafting and corrective jaw surgery. The doctors also perform complex reconstructive surgeries for patients of all ages who have suffered severe injuries to the face and jaw.

DR. STUART E. LIEBLICH graduated from Rutgers with the highest honors. He received his Doctor of Dental Medicine degree from the University of Pennsylvania School of Dental Medicine. He completed a residency in oral and maxillofacial surgery at Kings County/Downstate Medical Center in Brooklyn. An associate clinical professor at UConn School of Dental Medicine, he received grants to study wound healing, synthetic bone reconstruction materials and the use of implants in the jaws. He is a member of the Maxillofacial Trauma Team at Hartford Hospital and director of the section of Oral and Maxillofacial Surgery at Charlotte Hungerford Hospital.

DR. DANIEL J. GILL graduated with distinction from the University of Virginia and cum laude from the UCLA

School of Dentistry. He earned his M.D. at the University of Connecticut and completed the six-year UConn integrated oral and maxillofacial surgery residency program. A recipient of several academic honors and scholarships, Dr. Gill received the AAOMS Dental Implant Student Award and the Horace Wells Senior Student Award for outstanding achievement in dental anesthesiology. Recently board-certified, he says, "It's our whole office staff that makes the patient more comfortable even before they see the doctor. ... We're here to take care of the problem, no matter what it is."

DR. MARK C. FLETCHER graduated from Boston College and the University of Pennsylvania School of Dental Medicine. He received his M.D. magna cum laude from Jefferson Medical College. He completed a general practice residency at Northwestern Memorial Hospital in Chicago and a general surgery internship and oral and maxillofacial surgery residency at Thomas Jefferson University Hospital in Philadelphia. He teaches at the UConn School of Dental Medicine and is the division head of Oral and Maxillofacial Surgery at Hartford Hospital.

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DENTAL SCHOOL:

University of Alabama at Birmingham,
School of Dentistry

PROFESSIONAL AFFILIATIONS:

American Dental Association
Connecticut State Dental Association
New Haven Dental Association

DENTAL SCHOOL:

Stony Brook University School
of Dental Medicine

PROFESSIONAL AFFILIATIONS:

American Board of Prosthodontics
(Diplomate)
American College of Prosthodontists
(Fellow)
American Dental Association
Connecticut State Dental Association
New Haven Dental Association

JENNIFER YOU, D.M.D. AMALIE LOMARTIRE, D.D.S., F.A.C.P.

DR. JENNIFER YOU has been practicing dentistry in Connecticut since 2006. She joined Levy Dental Group in 2011 and purchased the practice in 2014. She is committed to establishing the group as the premier dental health provider in New Haven with excellent hygienists, dentists and specialists. She prides herself in providing the most advanced dental technology and techniques to patients.

Dr. You graduated from the University of Alabama at Birmingham, School of Dentistry. She completed the general practice residency program at St. Francis Hospital in Hartford and was named "Resident of the Year." She says, "It is very rewarding when I can help someone in pain or rebuild someone's smile so that they can go out into the world and better their lives." She values the relationships she has developed throughout the years with her team and patients. "We know our patients think it's not always the most pleasant place to come, but we try to make the practice a welcoming place where patients feel like family." Dr. You also participates in Connecticut's Mission of Mercy and provides free dental days at

her practice.

DR. AMALIE LOMARTIRE is Levy Dental's board-certified Prosthodontist. A Phi Beta Kappa inductee at Lafayette College, she majored in Spanish and biology. She earned her D.D.S. at Stony Brook University School of Dental Medicine and was inducted to the OKU honor society. She completed her specialty training in prosthodontics at Montefiore Medical Center in New York.

Dr. Lomartire is an expert in the replacement of teeth, utilizing the most advanced technologies and restorative techniques. With formal training in cosmetic dentistry, she finds great satisfaction in restoring a patient's entire smile. She is an expert in "Teeth-in-a-Day," utilizing dental implants. This procedure is appropriate for those with severely broken down teeth. She says, "It is amazing how a dental procedure cannot only transform someone's mouth, but also his/her entire being. I am lucky to be in a profession that provides a product that transcends its intended form and function."

LEVY DENTAL GROUP

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**DENTAL SCHOOLS:**

University of Connecticut School
of Dental Medicine
Columbia University School
of Dental Medicine (AEGD)
Albert Einstein College of Medicine
at Montefiore Medical Center
(Prosthodontics)

PROFESSIONAL AFFILIATIONS:

American Board of Prosthodontics
(Diplomate)
American College of Prosthodontics
(Fellow)
American Dental Association
Connecticut State Dental Association
Seattle Study Club
New Haven Dental Association
(President)

FRANCESCO P. MARATTA, D.M.D., F.A.C.P.

DR. FRANCESCO P. MARATTA, a Connecticut native, received his undergraduate degree in biology with a minor in Italian at Trinity College in Hartford and earned his D.M.D. from UConn School of Dental Medicine. After completing a program in Advanced Education in General Dentistry (AEGD) at Columbia University School of Dental Medicine, he trained for three years in Prosthodontics at Albert Einstein College of Medicine at Montefiore Medical Center. Board-certified by the American Board of Prosthodontics, he is a Fellow of the American College of Prosthodontics.

As a Prosthodontist, Dr. Maratta is an architect of treatments and solutions for complex dental cases. He offers a full range of services for restorative dentistry including fillings, veneers, crowns, bridges, dental implants, and dentures for both cosmetics and function for a better quality of life. He designs naturally looking beautiful and youthful smile makeovers to boost patients' self-confidence. He does complex restorative dentistry, single tooth and complete mouth restorations, cosmetic dentistry, and maxillofacial prostheses and artificial substitutes for

oral and facial tissue for patients who have suffered a traumatic injury or cancer. Among the newest proven protocols, he uses Hybrid® Dental Implant Restorations which restore full dental function for a single tooth, multiple teeth or full arch that look, feel and function like patients' own healthy, natural teeth and offer unsurpassed levels of comfort. He offers teeth whitening, treatment for sleep apnea and customized bite appliances to promote comfort and good oral health.

Dr. Maratta offers Teeth in a Day service of dental implants which includes digital imaging for immediate and accurate placement of implants. Crowns from his in-house lab are placed right away after implants are inserted, and patients can go home the same day with beautiful teeth.

Because of his solid reputation for delivering optimal results with personalized patient care and the highest quality of treatment, he is sought after beyond his practice in New Haven. He is also affiliated with Stamford Dental Group, and volunteers with Dentistry From The Heart.

NEW HAVEN PROSTHODONTICS, P.C.

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47 Oak St., 2nd Fl., Stamford • (203) 883-6074
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DENTAL SCHOOL:

Baltimore College of Dental Surgery
University of Minnesota School
of Dentistry

PROFESSIONAL AFFILIATIONS:

American Association of
Orthodontists
American Dental Association
Connecticut State Dental Association
Greater Danbury Dental Society
New Milford Hospital

EMILY O'KEIFF, D.D.S., M.S.

DR. EMILY O'KEIFF graduated cum laude from the University of Notre Dame with a B.S. in biology and a minor in Spanish, which she still speaks. She graduated magna cum laude from Baltimore College of Dental Surgery, the world's first dental college and the birthplace of the Doctor of Dental Surgery degree. She trained in orthodontics at the University of Minnesota School of Dentistry and earned an M.S. in oral biology. She has served as section chief for the dental section of the department of surgery at New Milford Hospital since 2008.

Dr. O'Keiff is in solo practice as an orthodontist and treats children and adults. Her warm, relaxing office is located in a historic building with exposed brick and large windows with natural light. The non-clinical look of her office is one reason why people feel calm and relaxed at each visit. Dr. O'Keiff is also good at relieving patients' anxieties.

She follows the guidelines of the American Association of Orthodontics, which recommends early evaluation of children at the age of seven to see if there is any "underlying skeletal

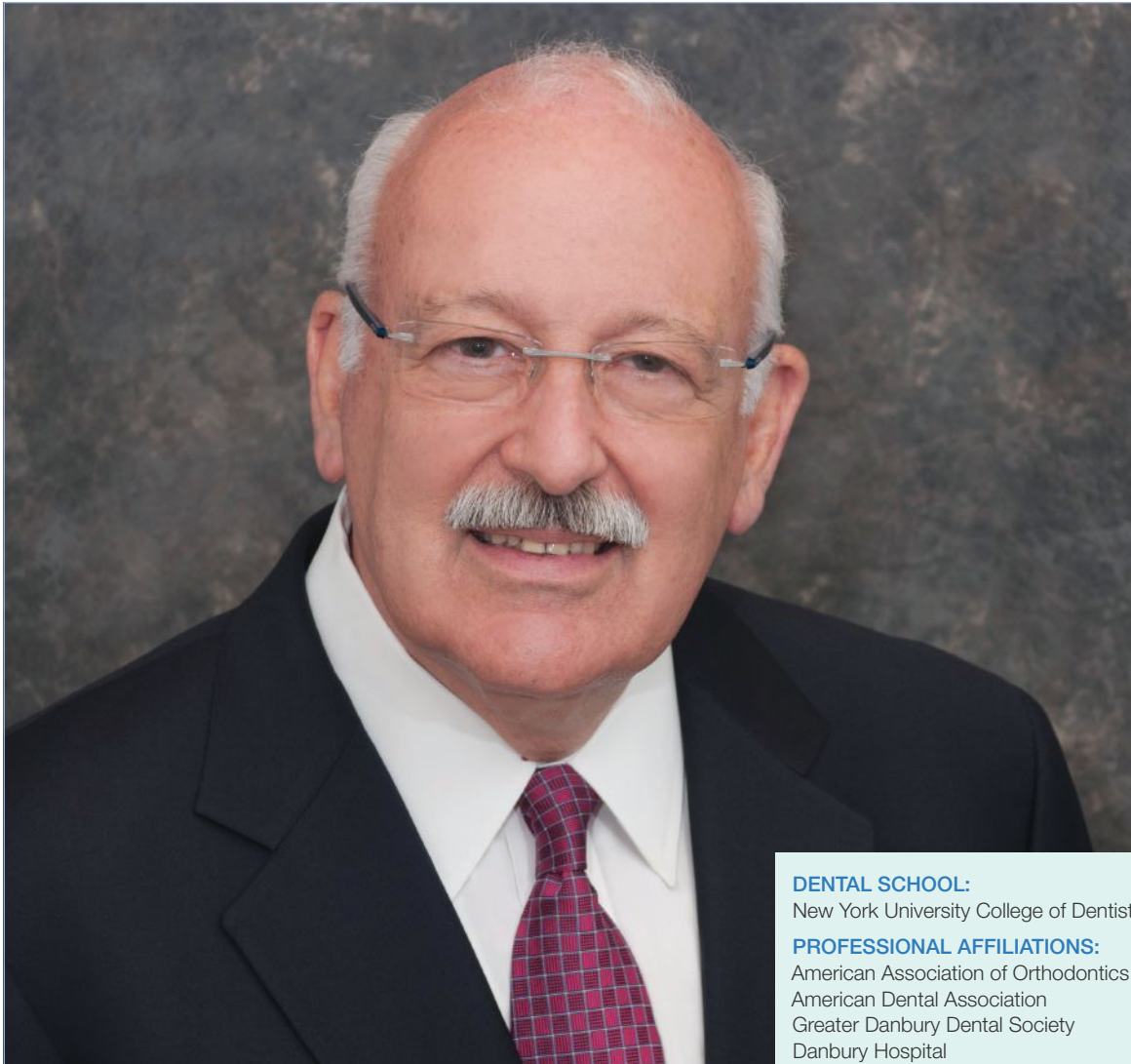
disharmony" that needs to be addressed. Some treatments, she explains, such as palate expanders and correction of underbites, should be treated in the young to make future treatment more effective.

Regardless of the type of treatment her patients require, she spends "a significant amount of time on communication," she says. "I send a pre- and post-treatment letter, photos, and X-rays to their dentists, and pre- and post-treatment letters and photos to each patient. They are very thorough, customized letters – not 'stock' – and I spend most of my time (when I am not with patients) working on this."

Dr. O'Keiff makes orthodontics as fun as possible for children, offering a choice of different colored braces, very high-tech self-ligating braces for kids, porcelain braces, or nearly-invisible Invisalign appliances. She is a preferred provider of Invisalign®, Invisalign Teen® and Invisalign Express® due to her extensive experience with this technology.

EMILY O'KEIFF, D.D.S.

30 Bridge St., New Milford • (860) 354-6006

**DENTAL SCHOOL:**

New York University College of Dentistry

PROFESSIONAL AFFILIATIONS:

American Association of Orthodontics

American Dental Association

Greater Danbury Dental Society

Danbury Hospital

New Milford Hospital

ALLAN S. PHILLIPS, D.D.S.

DR. ALLAN PHILLIPS IS RECOGNIZED AS ONE OF THE MOST EXPERIENCED ORTHODONTISTS IN LITCHFIELD AND FAIRFIELD COUNTIES, combining a strong academic and professional background with state-of-the-art treatment. His personal commitment to create beautiful smiles for children, teenagers and adults, along with superior aesthetic judgment have made him an acknowledged leader in the field of orthodontics.

Dr. Phillips earned his dental degree and received his post-graduate orthodontic training at the NYU College of Dentistry. He is a widely recognized leader in the dental community, currently serving as president of the Greater Danbury Dental Society and head of continuing dental education at New Milford Hospital. He has also served as the orthodontic section chief at Danbury Hospital.

Dr. Phillips enjoys working with young patients at a critical stage in their development. He practices with the philosophy that orthodontics is about more than improving aesthetics.

"When I examine a patient, I am not only looking at how to create a healthy bite and a beautiful smile; I am also anticipating the future growth and development of each child's facial structure that will occur over the next decade," he said.

ALLAN S. PHILLIPS, DDS

7 Pickett District Rd., New Milford • (860) 354-3989
304 Federal Rd., Brookfield • (203) 775-9463

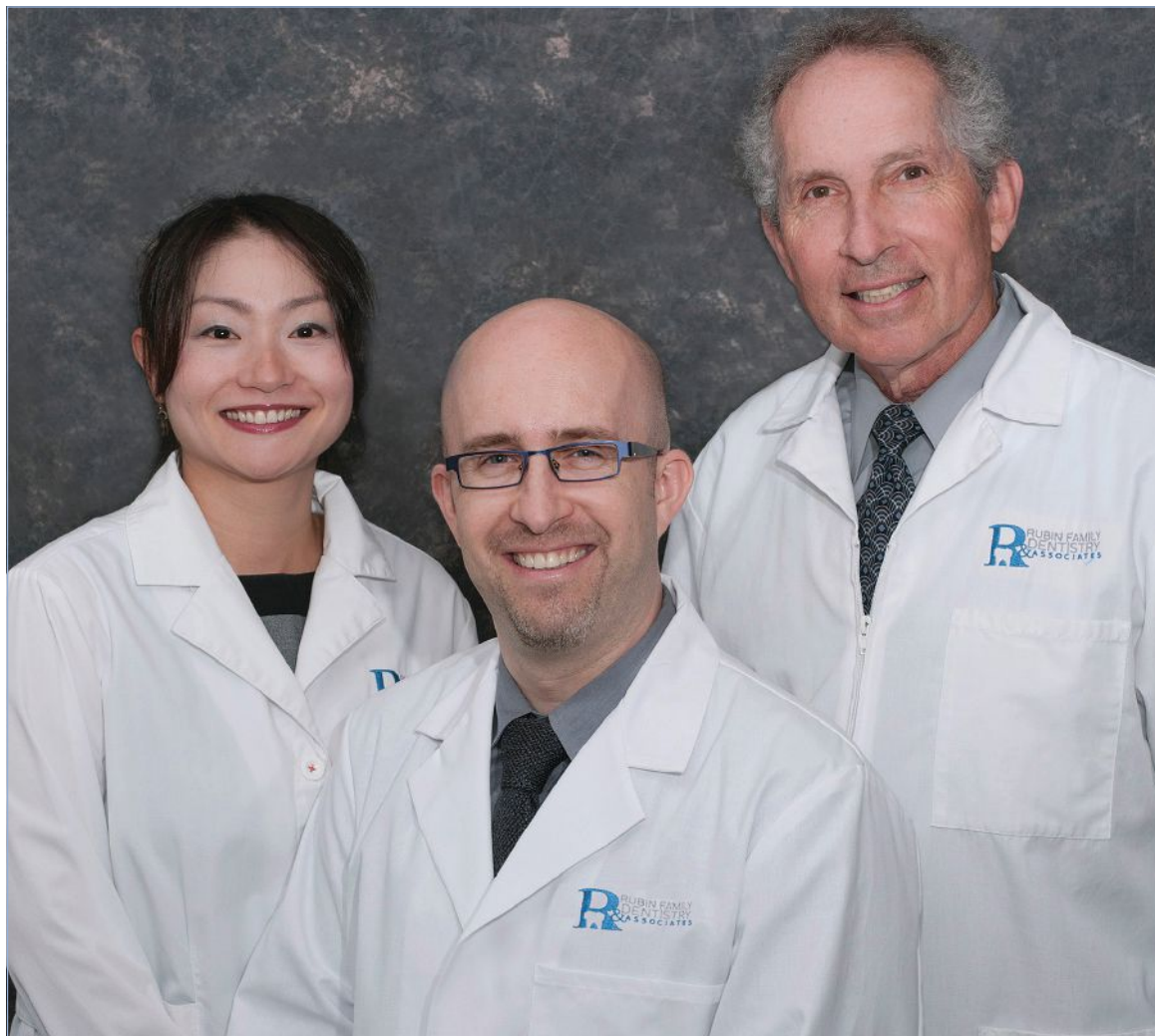
"I love working with children and making them feel comfortable when they come into my office. I never tire of that magical moment in orthodontics that I call 'the reveal,' when a patient first looks in the mirror and sees a beautiful smile with no braces.

"A person's smile contributes dramatically to a first impression and helps build self-confidence. It's important, no matter how old you are."

Dr. Phillips is also experienced in working with adults who make up about 25 percent of his practice. "Many adults may not have had the opportunity to receive treatment as children. They may have crowding or spacing issues that bother them every time they look in the mirror. In addition to creating a beautiful smile for them, I am also decreasing the potential for periodontal problems as they get older."

Dr. Phillips says that the most critical part of patient care is treating each patient gently and with compassion, with the goal of assuring absolute accuracy and minimizing treatment time. "I receive immeasurable satisfaction creating life-changing smiles. It is a privilege to make a difference in a patient's life forever."

5 School St., Bethel • (203) 748-1600
8 Prospect St., Ridgefield • (203) 438-6922



MARK D. RUBIN, D.M.D. TODD B. RUBIN, D.M.D. SATOKO ONO RUBIN, D.M.D.

DRS. MARK, TODD AND SATOKO RUBIN are honored to be individually recognized by their peers as top dentists in their field. They strive to achieve “patient-first” care focusing on patient education and involving patients in the treatment planning process. “It’s what we would do if it were a member of our family,” says Dr. Todd. Patients compliment them on their warm, caring and skilled staff. They are thrilled to welcome this year to their growing practice the expertise of Dr. Samuel Li, who carries the same standard of care that they strive to achieve.

DR. MARK RUBIN earned his D.M.D. degree from the University of Pennsylvania School of Dental Medicine and did his residency in general practice at Goldwater Memorial Hospital in New York. He opened his practice in South Windsor in 1973 and has earned the respect of his patients and colleagues over the years for being a highly skilled dentist in addition to being a caring, compassionate person.

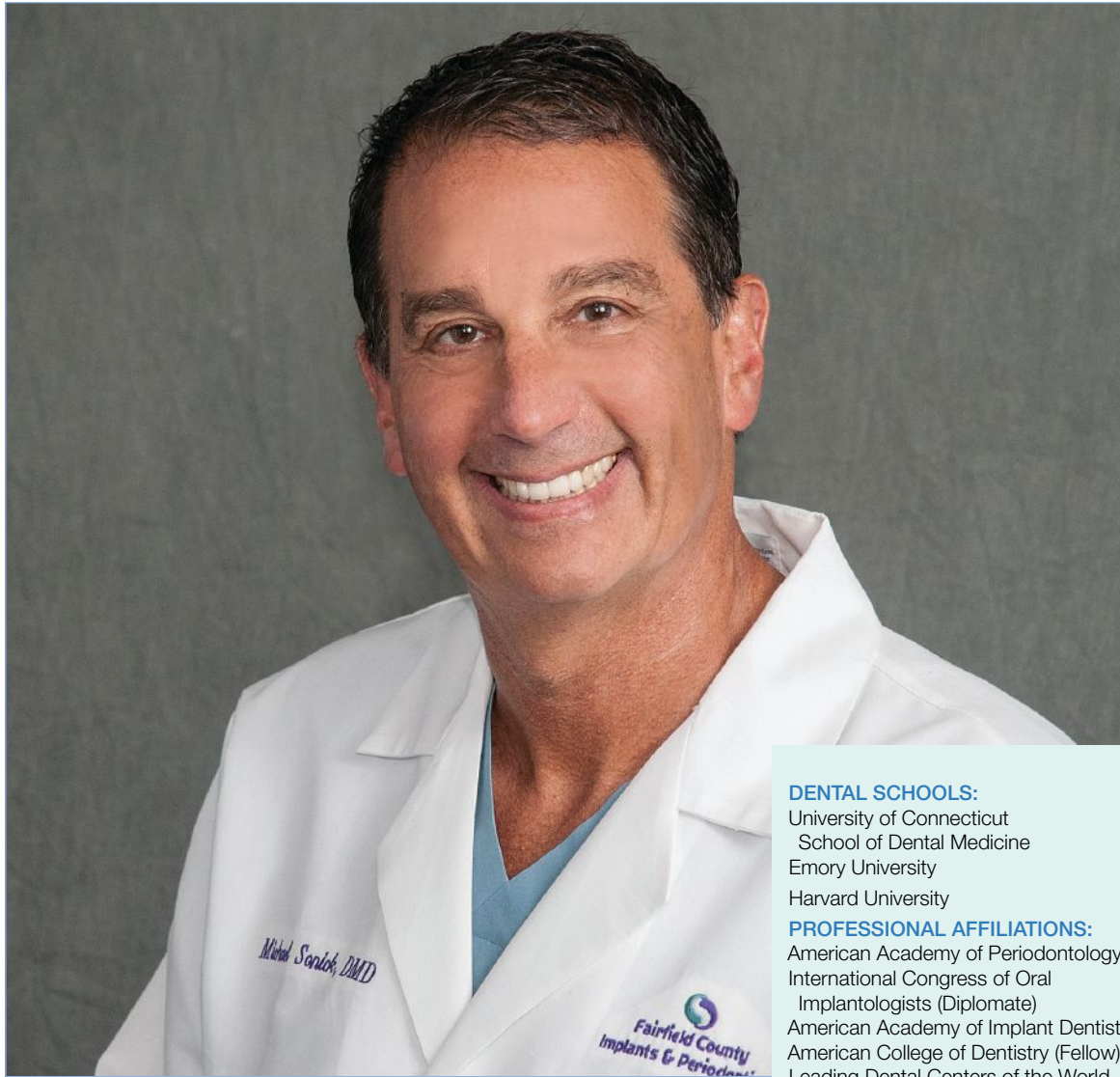
DR. TODD RUBIN joined his father’s practice in 2004. He attended Tufts University School of Dental Medicine, then

completed an advanced education in general dentistry residency at the University of Connecticut. He has been selected by his colleagues as a top CT dentist for a fourth consecutive year due in part to his esthetic and predictable long-term results and attention to detail.

DR. SATOKO ONO RUBIN graduated from Tufts University School of Dental Medicine followed by a three-year prosthodontics specialty at Boston University and a three-year periodontics masters at UConn. This gives her the privilege and distinction of being the only dentist in Connecticut holding these dual specialties. An associate clinical professor at UConn, she won the 2016 Educator award from the American Academy of Periodontology for outstanding teaching and mentoring in periodontics. She is a Diplomate of the American Board of Periodontology, vice president of the CT Society of Periodontists and a member of the American College of Prosthodontics. She won international recognition with her 1st place award for research on implant retained dentures.

RUBIN FAMILY DENTISTRY & ASSOCIATES

469 Buckland Rd., South Windsor • (860) 644-2136 • rubindentistry.com

**DENTAL SCHOOLS:**

University of Connecticut
School of Dental Medicine
Emory University
Harvard University

PROFESSIONAL AFFILIATIONS:

American Academy of Periodontology
International Congress of Oral
Implantologists (Diplomate)
American Academy of Implant Dentistry
American College of Dentistry (Fellow)
Leading Dental Centers of the World

MICHAEL SONICK, D.M.D.

DR. MICHAEL SONICK is internationally recognized as a top periodontal and dental implant surgeon and educator. After graduating Colgate University, he earned his D.M.D. from UConn School of Dental Medicine. He practiced general dentistry for two years in Manhattan before attending Emory University for specialty training in periodontics. He further trained in implant dentistry at the University of Gothenburg in Sweden and Harvard University.

Dr. Sonick has successfully placed more than 10,000 implants throughout his career. He uses advanced techniques to regenerate bone and soft tissue to allow the implant to take. His in-office computerized Cone Beam CT scan is used to evaluate bone quality and quantity, assuring accurate diagnosis and precise implant placement. More than half of his patients who require teeth extraction can have implants placed the same day, eliminating additional surgery and long delays. Often, temporary restorations can be performed simultaneously, delivering immediate improved self-image, confidence and comfort to the

patient without being embarrassed by their bad teeth.

He also has an on-site dental lab and training center where he hosts Sonick Seminars and the Fairfield County Dental Club for advanced dental education. In addition, he teaches seminars to periodontal residents at the University of Connecticut School of Dental Medicine, and lectures internationally for NYU. Co-editor of the text-book Implant Site Development, he lectures nationally and abroad and volunteers to treat indigent patients in need globally.

His first priority is his patients' well-being. A dental patient himself, he understands how they feel. He recalls, "At age eight, I had a terrible bike accident and lost my front teeth and fractured my jaw, which required years of dental reconstruction. I appreciate my patient's point of view. I do everything possible to treat them as I would like to be treated: with dignity, respect and up-to-date care, in a comfortable and pain-free environment. The ability to assist patients achieve full dental health, function and esthetics is a privilege."

FAIRFIELD COUNTY IMPLANTS & PERIODONTICS, PC DR. MICHAEL SONICK AND ASSOCIATES

1047 Old Post Rd., Fairfield • (203) 254-2006 • sonickdmd.com



DENTAL SCHOOLS:

University of Connecticut
 School of Dental Medicine

PROFESSIONAL AFFILIATIONS:

American Academy of Periodontology
 Academy of Osseointegration
 Congress of Oral Implantologists
 American Dental Association
 Connecticut State Dental Association
 Connecticut Society of Periodontists
 New London County Dental Society

DENTAL SCHOOLS:

University of Connecticut
 School of Dental Medicine
 University of Texas Health Science
 Center in San Antonio

PROFESSIONAL AFFILIATIONS:

American Board of Periodontology
 (Diplomate)
 American Academy of Periodontology
 Academy of Osseointegration
 American Dental Association
 Connecticut Dental Society
 Connecticut Society of Periodontists
 New London County Dental Society

GREGORY A. TOBACK, D.M.D., M.S. MARIANNE MURRAY URBANSKI, D.M.D., M.S.C.D.

With over 45 years of combined specialty experience in dental implant surgery, periodontal therapy and periodontal plastic surgery, the team of Dr. Gregory Toback and Dr. Marianne Urbanski have built a culture of predictability at Shoreline Periodontics.

DR. GREGORY TOBACK graduated cum laude from St. John's University and earned his D.M.D. from UConn School of Dental Medicine, where he received the Award for Excellence in Restorative and Prosthetic Dentistry. He further trained in periodontics and dental implants at the University of Texas Health Science Center in San Antonio. He is licensed to provide services using conscious sedation and has advanced training in medical emergencies and holds a certificate in Advanced Cardiac Life Support (ACLS). In addition to private practice, Dr. Toback is a Clinical Professor at UCONN Dental School. He also participates in clinical research as a member of the prestigious McGuire Institute.

DR. MARIANNE MURRAY URBANSKI graduated cum laude from the College of the Holy Cross in Worcester and earned

her D.M.D from UConn School of Dental Medicine where she received the award for Excellence in Restorative Dentistry and Oral Pathology. She completed her general dentistry residency at St. Francis Hospital and Medical Center in Hartford and returned to UConn Dental School for her specialty training in periodontics and Masters of Dental Science Degree. She was in solo practice in Meriden for 21 years before returning to her hometown of New London. She taught periodontics at UConn's School of Dental Medicine and Yale-New Haven Hospital, and is the author of the book, *Mind and Medicine: In Harmony for Healing*.

Both Drs. Toback and Urbanski are committed to providing patients with superior modalities to treat patients who have dental disease and have expertise in treating those who suffer from anxiety and apprehension. The doctors are certified in laser gum surgery (LANAP), Wilckodontics® Accelerated Osteogenic Orthodontics™ procedure to surgically accelerate orthodontic therapy, and the Pinhole Surgical Technique (PST) to correct gum recession.

SHORELINE PERIODONTICS, PC

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62 Wells St., Westerly, RI • (401) 596-0000

2016 TOP DENTISTS PROFILES

**RICHARD AMATO, D.D.S.**

DR. RICHARD AMATO graduated with high honors from Adelphi University. He earned his dental degree from Stony Brook University, where he received the Award for Excellence in Periodontology. He completed a post-doctoral residency at the Eastman Dental Center at the University of Rochester Medical.

Dr. Amato is passionate about today's advances in treating periodontal disease because these treatments help control other inflammatory diseases. He is one of the few area specialists to perform LANAP® protocol, the only FDA-approved laser protocol to eliminate gum infection and close up pockets without a scalpel or sutures. He also uses the Pinhole Surgical Technique™ to rejuvenate receding gums without cutting or sutures. For implant patients, he uses an i-CAT 3D Cone Beam scanner for accurate and almost limitless views of the face and teeth and to plan treatment. With today's technological advances, he says, "Everything should be virtually painless. It's rare that I write a narcotics prescription these days."

Dental School Stony Brook University School of Dental Medicine **Organizations** American Dental Association, American Academy of Periodontology, Connecticut State Dental Association, Connecticut Society of Periodontists, Bridgeport Dental Association

ADVANCED PERIODONTICS & DENTAL IMPLANT CENTER OF CT LLC

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**MARYAM AZADPUR, D.M.D.**

DR. MARYAM AZADPUR earned her dental degree from the University of Pennsylvania School of Dental Medicine. She completed her residency in general dentistry at Waterbury Hospital and in pediatric dentistry at UConn Health Center. She also completed a fellowship in pediatric dentistry at Yale Children's Hospital. She attends continuing education courses regularly to stay abreast of new procedures in dental care. A Diplomate of the American Board of Pediatric Dentistry, she is a member of the medical staff with surgical privileges at the Connecticut Children's Medical Center in Hartford.

Dr. Azadpur and her warm, friendly staff are committed to providing a dental home for infants, children and adolescents. Dr. Azadpur says "It's quite rewarding for me" as she gains patients' confidence and helps them overcome fear. She sees children with special needs. She emphasizes preventative care beginning at age one, and during exam time, she offers long-term education about diet counseling and other matters that will help kids aim for a lifetime of good oral care.

Dental School University of Pennsylvania School of Dental Medicine **Organizations** American Academy of Pediatric Dentistry, American Dental Association, Connecticut State Dental Association, Connecticut Society of Pediatric Dentists

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JASON R. CAMPBELL, D.D.S.

DR. JASON (JAY) CAMPBELL graduated from the University of Michigan School of Dentistry in Ann Arbor. He completed a residency in general dentistry at the VA Medical Center in Denver, which included post-graduate training in advanced restorative and rehabilitative procedures and advanced medical and anesthesia training. He is Invisalign certified, and completed orthodontic training with the United States Dental Institute. He takes pride in offering comfortable and advanced dentistry, including virtually painless injections.

Dr. Campbell works in a unique general dentistry practice with three other dentists. He says, "Our practice has been together for over 50 years, and many of our staff have been with us nearly 40 years." The practice offers comprehensive care, including: implants, sedation dentistry, and orthodontics. "Our patients get to know us personally, and trust us," he says. "Often times, patients don't want to be referred to someone they don't know." A strong believer in conservative treatment, he says, "If I wouldn't do a particular procedure for my Mom, I won't recommend it for my patients either."

Dental School University of Michigan School of Dentistry, Denver VA Medical Center

Organizations American Dental Association, Connecticut State Dental Association, New London County Dental Association

WATERFORD DENTAL HEALTH

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MONICA H. CIPES, D.M.D., M.S.D. ELIZABETH CHISHOLM, D.M.D.

DRS. MONICA CIPES and **ELIZABETH CHISHOLM** are a mother-daughter team of board-certified pediatric dentists with a love for children, as well as additional dental training and experience with infants, children and teens. For more than 25 years, their pediatric dental office has provided care to this specific population. By only hiring people with the same love and commitment to children, they are known as a place where their patients feel secure, relaxed and comfortable.

Drs. Cipes and Chisholm both hold degrees in pediatric dentistry and specialty certification in pediatric dentistry from the University of Connecticut School of Dental Medicine. Both are Diplomates of the American Board of Pediatric Dentistry and members of the attending staff at Connecticut Children's Medical Center in Hartford. Their particular areas of expertise and research are providing positive dental visits for patients, motivating children to practice good dental health habits, and improving the dental experience for children with special healthcare needs. At Cipes Pediatric Dentistry, they have extensive experience serving young people with special needs, including children with autism.

Drs. Cipes and Chisholm believe that every infant, child and teenager deserves a healthy, beautiful smile and are committed to providing the best possible care in a friendly, caring and fun environment.

CIPES PEDIATRIC DENTISTRY

798 Farmington Ave., West Hartford • (860) 233-1589 • cipespediatricdentistry.com



ADAM S. DANIELS, D.D.S., M.S.

DR. ADAM S. DANIELS received his bachelor's degree from Michigan State University, and earned his dental degree and master's degree in Orthodontics from the University of Michigan.

Dr. Daniels' top priorities are to provide his patients with the highest quality of care possible and to promote an enjoyable orthodontic experience. Dr. Daniels has recently earned the designation of Invisalign® Elite Provider. He utilizes an iTero 3D scanner to ensure a precise fit and improved movement for his Invisalign® and Invisalign Teen® patients. Dr. Daniels has extensive training in these latest state-of-the-art orthodontic treatments as well as traditional braces and combines this expertise with an individualized patient approach to enhance treatment success. Dr. Daniels focuses on giving his patients the confidence to show their beautiful smiles. He knows firsthand the difference that orthodontics makes in people's lives, having experienced orthodontic treatment himself.

He and his team are dedicated to treating patients as family and help them achieve the smiles of their dreams. His growing practice includes treating more adults who are seeking advanced orthodontics for complex bites. He also follows and specializes in American Association of Orthodontics' recommendation for early evaluation and intervention of younger children. He is always involved in his community and with the help of his practice, has raised funds to build over 150 cook stoves in remote villages of Guatemala.

Dental School University of Michigan School of Dentistry **Organizations** American Association of Orthodontics, American Dental Association, Tolland County Dental Association, Spear Study Club

CONNECTICUT VALLEY ORTHODONTICS

219 Talcottville Road, Vernon • (860) 872-8361 • ctvalleyortho.com



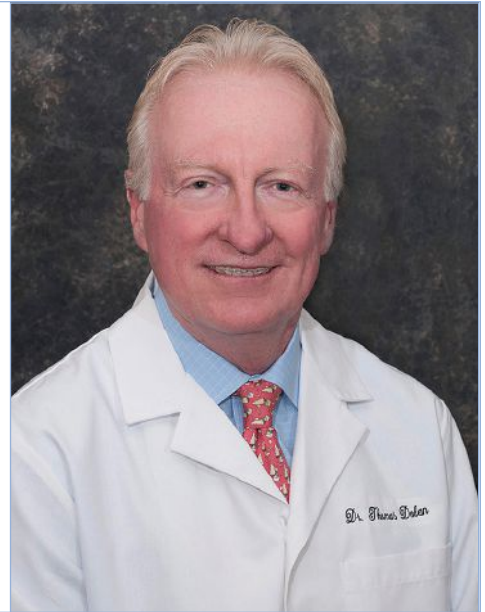
THOMAS C. DOLAN, D.D.S., M.A.G.D.

DR. THOMAS DOLAN has been in practice for over 30 years and believes that for a smile to be aesthetically pleasing, it should have a healthy foundation. His family-run practice emphasizes preventive and comprehensive care. Dr. Dolan's son, Brendan, joined Dolan Dental this past year, further expanding the practice with his training in surgical implant placement. The father/son team provides patients with the latest technology and attention to detail. "Every patient of ours is important," Dr. Dolan says. "They become a part of our family as we improve their smiles and their dental health over a lifetime."

Dr. Dolan graduated from the University of Pittsburgh with a degree in microbiology. He earned his dental degree from New York University College of Dentistry and continued his training with a two-year advanced general practice residency at Thomas Jefferson University Hospital. He then went on to achieve his Fellowship and then Mastership from the Academy of General Dentistry, an honor bestowed upon less than two percent of practicing dentists who have shown their commitment to dentistry through over 1,000 hours of continuing education.

DOLAN DENTAL COSMETIC & GENERAL DENTISTRY

1160 Silas Deane Hwy., Ste. 305, Wethersfield • (860) 529-2000 • dolandental.com

**JENNY T. FEDERMAN, D.M.D.**

DR. JENNY FEDERMAN had 17 cavities before she was five-years-old, but she loved her pediatric dentist, and was inspired to follow into her profession. She earned her degree at Temple University Kornberg School of Dentistry and further trained in pediatric dentistry at New York University College of Dentistry and Bellevue Hospital.

"Dr. Jenny" believes that children need a lot of time and care to feel safe at the dentist. "I want every child to grow up not being afraid of the dentist," she says. "After all, they have to eat their whole lives." She and her team provide a fun and happy atmosphere with colorful walls, flavored gloves and movies. "We explain why their teeth have to be fixed," she adds. "We show the child their X-ray so they can see the sugar bugs themselves." She believes general anesthesia should be a last resort. "My goal is to make every child happy to go to the dentist for their entire lives and ... understand how teeth are vital to good nutrition."

Dental School Temple University Kornberg School of Dentistry **Organizations** American Academy of Pediatric Dentists, American Dental Association, Danbury Dental Society

CHILDREN'S DENTAL CARE

60 Old New Milford Rd., Suite 1D, Brookfield
(203) 740-8460 • childrensdentalcarect.com

**JONATHAN FISK, D.M.D.**

DR. JONATHAN FISK decided to become an orthodontist after earning a B.S. in bioengineering from Penn State. Orthodontics gives him the opportunity to combine his interests in biology and engineering and to make a difference in his community. Dr. Fisk earned his dental degree at UConn School of Dental Medicine, and further specialized in orthodontics and dentofacial orthopedics at Stony Brook School of Dental Medicine.

Dr. Fisk's practice has a "fun and inviting atmosphere," and his practice philosophy is to support the community that supports his office by sponsoring youth sports teams, school events, local fundraisers, and even donating orthodontic treatment. He also treats a large population of adults with cosmetic treatment options such as lingual braces (behind the teeth) and clear aligners. Each patient has unique treatment needs and he develops customized treatment plans, one patient at a time. Becoming an orthodontist was "the best decision I've made" because it is so rewarding. Being able to help transform people's smiles never gets old!"

Dental School UConn School of Dental Medicine, Stony Brook School of Dental Medicine **Organizations** American Association of Orthodontists, Northeast Society of Orthodontists, Connecticut State Dental Association, American Dental Association

SHORELINE ORTHODONTICS

179 E. Main St., Branford • (203) 488-6616 • shorelinebraces.com
630 Foxon Rd., North Branford • (203) 484-1111



SELMA KAPLAN, D.M.D., M.S.

DR. SELMA KAPLAN earned her degree from the University of Pennsylvania School of Dental Medicine. After completing a general residency at Cornell New York Presbyterian Hospital in New York City, she did her periodontal residency at Columbia College of Dental Medicine, where she also received her masters' degree.

Dr. Kaplan enjoys practicing periodontics as it "encompasses the surgical, cosmetic and functional aspects of dentistry." She designs individualized treatment plans which combine the patient's needs along with the best treatment options. Such options may consist of "traditional" periodontic approaches, as well as more innovative technologies such as implants, lasers, biomaterials, and 3D imaging.

Studies show that nearly 50 percent of the population has periodontal disease, which has been associated with multiple medical conditions. For this reason, Dr. Kaplan strongly supports a "proactive approach" including educating patients about the importance of early screening for gum disease and routine maintenance.

Dental School University of Pennsylvania School of Dental Medicine **Organizations** American Board of Periodontology (Diplomate), American Academy of Periodontology, Northeastern Society of Periodontists, Academy of Osseointegration, American Dental Association

NORWALK PERIODONTICS

10 Mott Ave, Suite #4A, Norwalk • (203) 857-4840 • norwalkperio.com



GILLIAN R. KELLY, D.M.D., M.S.D. MICHAEL T. KELLY, D.M.D., M.S.

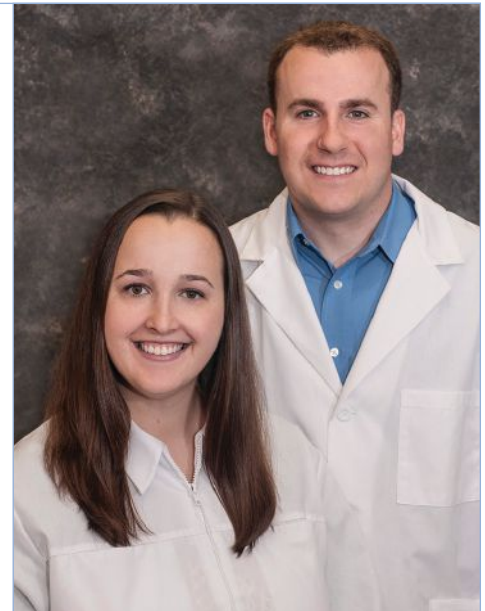
DR. GILLIAN KELLY graduated from Penn State University with honors and high distinction. She earned her degree from UConn School of Dental Medicine, where she received the Outstanding Senior Women Academic Achievement Award from the Governor of Connecticut. She trained in orthodontics at Virginia Commonwealth University, and her research has been published in orthodontic literature.

DR. MICHAEL KELLY was a summa cum laude graduate of UConn and was inducted into Phi Beta Kappa. He earned his dental degree from UConn and received the Alpha Omega award for top academic ranking in his class. He trained in orthodontics at the University of North Carolina at Chapel Hill and is board-certified by the American Board of Orthodontics.

This husband and wife team takes pride in their family-friendly practice and provides treatment to patients of all ages. Kelly Family Orthodontics offers customized treatment options, including braces, clear braces, and Invisalign®, to help patients achieve their goals. The Kellys believe that everyone deserves the confidence of a beautiful smile, and provide personal and personable service "from the Kelly family, to yours!"

KELLY FAMILY ORTHODONTICS

535 Saybrook Rd., Middletown • (860) 346-9259
26 Shunpike Rd., Cromwell • (860) 635-2675 • www.kellyfamilyorthodontics.com



ANDREW MOGELOF, D.D.S., C.F.E., C.D.C., F.A.G.D.

DR. ANDREW MOGELOF completed a general practice residency at Long Island Jewish Medical Center. He is a mentor at the Kois Center of Advanced Dental Education in Seattle and has completed all levels of courses at The Pankey Institute in Key Biscayne. He is chief of dentistry at Lord Chamberlain Skilled Nursing Facility in Stratford and was chairman of peer review for the Bridgeport Dental Association for 16 years. He's also a certified fraud examiner and certified dental consultant, and consults and testifies in dento-legal matters and quality-of-care issues for insurance companies.

Dr. Mogelof provides excellent care through careful, thorough diagnosis and individually designed treatment plans. As an advocate and partner in his patients' oral care, he educates each patient about their specific dental conditions, earning their trust and alleviating their fears with his consistent, methodical and responsible approach. His motto: "Let us help you smile™." "There is only one standard of care in my view—to treat patients the way I would want to be treated, knowing what I know."

Dental School New York University College of Dentistry **Organizations** Academy of General Dentistry (Fellow), International Congress of Oral Implantologists, American Equilibration Society, American Dental Association, American Association of Dental Consultants, American Association of Fraud Examiners, Pierre Fauchard Academy

MOGELOF DENTAL GROUP, LLC

2499 Main St., Stratford • (203) 378-5588 • drmogelof.com



JEFFREY O'CONNELL, D.M.D.

DR. JEFFREY O'CONNELL earned his D.M.D. degree from the University of Medicine and Dentistry of New Jersey, where he completed a three-year postdoctoral residency in prosthodontics, the restoration and replacement of missing or broken teeth.

At his state-of-the-art practice, Dr. O'Connell uses digital radiology, soft-tissue laser, cavity-detecting intraoral cameras, 3-D imaging for presurgical planning of dental implant placement and CAD/CAM technology (CEREC) to fabricate porcelain crowns in one visit. He takes the time to understand patients' chief complaints and specializes in complicated cases that involve crowns, bridges and dentures. He considers himself the "architect" of his patients' treatments and thrives on the challenge of restoring dream smiles with the newest, proven procedures and superior materials that make teeth look natural and lifelike. His entire dental team is comprised of friendly, knowledgeable people who are dedicated to making every patient feel comfortable and relaxed.

Dental School University of Medicine and Dentistry of New Jersey **Organizations** American Dental Association, Connecticut State Dental Association, American College of Prosthodontics, Bridgeport Dental Association

GOLD COAST PROSTHODONTICS, PC

1177 Post Rd., Fairfield • (203) 292-9292
goldcoastpro.com

**PAUL C. PERACCHIO, D.M.D.
DANIEL R. SAUNDERS, D.M.D.**

DRS. PAUL PERACCHIO AND DANIEL SAUNDERS SPECIALIZE IN ORAL AND MAXILLOFACIAL SURGERY, and provide services in anesthesia, dental implants, bone grafts, wisdom teeth extractions and laser surgery. Beyond dental schools, they have completed a four year residency in oral and maxillofacial surgery. Both are Diplomates of the American Board of Oral and Maxillofacial Surgery and Fellows of the American Association of Oral and Maxillofacial Surgery and have recently completed a rigorous recertification program. Both doctors annually assist with the Mission of Mercy. Dr. Saunders is a current officer in the CSOMS. Dr. Peracchio is Chief of Oral Surgery at ECHN.

Dr. Peracchio earned his B.S. with honors from UConn and dental degree from UConn School of Medicine and oral surgery at Yale.

Dr. Saunders earned his B.A. with honors from Boston University and graduated from University of Pennsylvania School of Dental Medicine and oral surgery at St. Vincent's.

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**ERNEST D. REAMER, D.M.D.**

DR. ERNEST REAMER has been practicing general dentistry in the village of Centerbrook, in Essex, since 1982. He is honored to work with his daughter, Dr. Carolyn Reamer Blicharz, who joined the practice in 2008. Their state-of-the-art office offers all aspects of general dentistry, including the treatment of children.

Dr. Reamer has a special interest in complex restorative cases and cosmetic dentistry. His expertise includes using veneers and crowns to restore smiles. "I have a desire to produce dentistry at the highest level and not settle for the average," he says. "It's challenging and the most gratifying thing I do." Dr. Reamer works closely with a number of area specialists who often refer challenging cases to him, and says he's privileged to call a number of these colleagues patients. He credits his experienced staff with creating a warm office environment where preventive dental care and its relationship to overall health are stressed. "The best part of dentistry," he says, "has always been the person-to-person interaction."

Dental School University of Pennsylvania School of Dental Medicine **Organizations** American Dental Association, Connecticut State Dental Association, Shoreline Dental Society, American Academy of Cosmetic Dentistry, River Valley Study Club (a chapter of the Seattle Study Club)

ERNEST D. REAMER, D.M.D., P.C.

62 Main St., Centerbrook • (800) 767-0639



JAMES E. ROBSON, D.D.S.

DR. JAMES ROBSON knows first-hand what it is like to have a smile that is less than beautiful. As a middle school student, his orthodontist straightened his “horribly crooked teeth,” and inspired him to study dentistry. He studied at the University of Colorado and earned his D.D.S. from Northwestern University Dental School. He practiced dentistry for five years in the Navy and was named “Top Dentist” there. He participated in humanitarian trips to the South Pacific and the Give Kids A Smile program and also volunteers his dental services at the Mission of Mercy here in Connecticut.

“I can give them back something that they have been missing from restoring a single tooth to an entire smile,” he says. No matter how big a problem is, there’s got to be at least one solution.” He offers the Wand® STA (single-tooth anesthesia system) as an alternative to painful injections.

Dental School Northwestern University Dental School **Organizations** American Dental Association, Academy of General Dentistry, New London County Dental Society (past president), Southeastern Connecticut Study Group, Spear Study Club

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CRISTINA L. SANTOS-TOMAS, D.M.D.

DR. CRISTINA L. SANTOS-TOMAS received her B.S. in biology from Trinity College and is a graduate of the UConn School of Dental Medicine. Her love for children led her to specialize in pediatrics and complete a pediatric dental residency program at the UConn and Connecticut Children’s Medical Center. She is a board-certified pediatric dentist who is currently on the clinical teaching staff at the UConn School of Dental Medicine and on the medical staff of Connecticut Children’s Medical Center.

As a pediatric dentist, Dr. Santos-Tomas is concerned about the prevalence of cavities among young children and strongly supports the ADA’s and the American Academy of Pediatric Dentistry’s recommended “age 1” dental visit. “Often, parents hesitate to bring a child to the dentist until they are 3 or 4,” she says. “My goal is to create a dental home for children by age 1.” She emphasizes that by seeing a pediatric dentist early, “children develop a positive relationship with the dentist and a healthy smile from the beginning.”

Dental School UConn School of Dental Medicine **Organizations** American Dental Association, Connecticut State Dental Association, Connecticut Society of Pediatric Dentists, American Academy of Pediatric Dentistry

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JEFFREY A. TAMUCCI, D.D.S.

DR. JEFFREY TAMUCCI is a graduate of Georgetown University School of Dentistry. Born in Port Chester, NY, he observed his father, architect and general contractor, transform residential homes into beautiful structures. These experiences, as well as hands on training from a gifted industrial arts teacher, helped him develop the visualization tools he still uses practicing dentistry. Using a Facially Driven Smile Design Protocol for his patients, he states, “These restorative transformations can help change people’s perception of themselves and their lives.”

Dr. Tamucci utilizes a team approach when it comes to patients’ restorative needs. With an initial comprehensive treatment plan, Dr. Tamucci can sequence services, make necessary referrals, and preview smile revisions using models, photos, or video simulations. Patients can “test drive” their new smile before tooth changes are made or final restorations are completed. Dr. Tamucci embraces technology, striving to be on the cutting edge, and continues to better himself each day through continuing education. He notes, “It is a great time to be a dentist today.”

Dental School Georgetown University School of Dentistry **Organizations** American Dental Association, Connecticut State Dental Association, Greater Norwalk Dental Society, International Team of Implantology, Spear Study Group, Fairfield County Dental Club, Invisalign® Study Club, CEREC® Doctors

JEFFREY A. TAMUCCI, D.D.S.

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MICHAEL J. WILLIAMS, D.M.D.

DR. MICHAEL WILLIAMS focuses on family dentistry. He has a degree in biochemistry from Trinity College and his doctorate from UConn School of Dental Medicine, a national industry leader. His residency was at Wright Patterson Air Force base, which admits the top 10% of a class. "It was one of the most comprehensive educations I could ask for," he says, while noting he furthered his advanced training at Hanscomb Air Force base before opening his practice in Simsbury.

His philosophy is that "Everyone is different due to physical or financial considerations. I pride myself on sound practices while staying current technologically, utilizing lasers. I am not interested in selling a patient something they don't need. I'm part of my community and am true to those I serve."

Dr. Williams is a staff consultant to a preschool and goes into several others educating young brushers. He coached for local soccer and baseball leagues and has given his time to Connecticut Mission of Mercy serving the underinsured.

Dental School University of Connecticut School of Dental Medicine **Organizations** American Dental Association, Academy of General Dentistry, Connecticut State Dental Association, Hartford Dental Society, Simsbury Chamber of Commerce

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Laurel Ridge Farm

In pursuit of culinary excellence Paul (right) juggles many roles. As chef, butcher and friend of local farmers, he is uniquely qualified to source superior local meats that are in line with our Mission. Paul checks out the farm firsthand with John Morosani, owner of Laurel Ridge Farm (just 16 miles away).

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Chioggia beets. **Below:** The prime burger. PHOTOS BY JEFF KAUFMAN

Cozy Up at The Cottage

STAR CONNECTICUT CHEF'S NEW SPOT OFFERS
LAID-BACK GOURMET CUISINE | BY ERIK OFGANG

The Cottage

At this small but impressive Westport restaurant, chef and owner Brian Lewis prepares a variety of delicate dishes with complex flavors and compelling visual flare. It's all done in a setting which, though fancy, does not require you to iron your best shirt — think plaid shirts, not suit jackets.

Lewis' new venture opened last December in the unassuming space previously occupied by Bill Taibe's popular restaurant LeFarm. The Cottage has wasted no time in becoming a favorite of the Fairfield County foodie crowd, even earning the highest possible rating of "Excellent" from *New York Times*' Connecticut food reviewer Patricia Brooks.

During a visit on a Tuesday evening in June, it lived up to its reputation without either surprises or slipups, providing exactly the type of food and service you'd expect.

The standout dish was the lobster spaghetti: tasty, well-cooked house-made pasta served with East Coast sea urchin (Lewis prefers East Coast sea urchin for this dish because it is more "briny"), fresh San Marzano plum tomatoes and Calabrian chili peppers. The chilies provided a slight spice kick that was the icing on the cake for this clean and light entrée worth ordering again — and again.

"It's my favorite dish on the menu, that and the duck fried rice," Lewis says of the lobster spaghetti. The pasta is made daily, the lobster is as fresh as possible and every time he tries to rotate it off the menu, customers complain,





Cottage lemonade, left, and Bourbon N Bash.
Top left: Lobster spaghetti. **Bottom left:** Maine halibut.

Lewis says, so it is almost always available.

Dishes like these are complemented by the restaurant's robust cocktail program. The Bourbon N Bash is a must-try for bourbon lovers. Angel's Envy bourbon is combined with port and ever so slightly sweetened by house-made rhubarb purée, resulting in a smoky, excellent concoction. For something more summer-appropriate and sweet, but not ridiculously so, try the refreshing Cottage lemonade, vodka infused in-house with black tea and peach, with Meyer lemon and honey.

Getting back to food, another favorite was the chioggia beets appetizer. Chioggia are striped, extra-sweet beets; here they are served over local burrata cheese with nasturtiums and their flowers, creating a beautiful plate that tasted even better than it looked, which is saying a lot.

The spicy squid and broccoli was also a

strong appetizer. Intriguingly seasoned with black garlic, chorizo aioli and red chili, the dish is elevated by its excellent white dipping sauce. Lewis says one of the secrets to the sauce was the use of mayu, a garlic oil made from burnt black garlic. Counterintuitively, burning garlic to this extent gives it "this ultimate savory quality without any bitterness to it," he says.

Entrées were rounded out by Maine halibut in fig leaves, served with guanciale (cured pork cheek), chanterelle mushrooms and vegetables; and the prime burger, to which you can add bone marrow. The latter was excellent, but only worth ordering if you're really craving a burger, as many of the other dishes at The Cottage are of the can't-get-anywhere-else variety.

For dessert we sampled three of the four available, including the peach tart, strawberry pavlova, and hot fudge and peanut

butter sundae. Each was serviceable, but did not quite live up to the expectations set by earlier courses.

Though small, the restaurant's space is not cramped. Behind the service bar, instead of the standard mirror, there is an open wall that looks into the kitchen, a nifty design touch. The place seats about 46 people. That, along with its popularity, make reserving a table in advance a good idea — it is, after all, called The Cottage, not The Palace.

Due to poor reconnaissance before the visit, I did not order the wagyu (Japanese cow) brisket steam buns, a delectable-sounding appetizer featuring brisket cooked for three days in a seaweed brine, and which Lewis says is one of the most popular dishes. I still bitterly regret this mistake, but as they say, "of all the words of mice and men, the saddest are what might have been (ordered)."

The Cottage

256 Post Road E., Westport
 203-557-3701, thecottagewestport.com

Hours: Tues.-Thurs. 5:30 p.m.-9:30 p.m.; Fri. & Sat. 5:30 p.m.-10:30 p.m.; Sun. 11:30 a.m.-2:30 p.m., 5:30 p.m.-9 p.m.; Closed Mon.

Price range: Appetizers \$7-\$21. Dinner entrees: \$21-\$35.
 Wheelchair accessible

AMBIANCE Small but roomy and open. Design is meant to evoke the feel of a seaside cottage and does just that.

SERVICE The attentive staff is well versed in the menu and its many intricacies. Detailed questions about a cocktail's preparation received thorough and thoughtful answers.

FOOD High-quality ingredients are combined in intriguing ways, creating visually appealing dishes with various cultural influences.



Small Plates, Big Taste

ZARAGOZA BRINGS TAPAS, COCKTAILS AND SLEEK VIBE TO NEW MILFORD

BY ERIK OFGANG

One of the undeniable charms of tapas, or small plates, is that you get to be a polygamous eater, which is perfect for diners with a wandering appetite who believe the calamari is always crunchier in the other dish.

This is particularly true of the dishes offered at Zaragoza, a new tapas and craft cocktail restaurant in New Milford with a sleek atmosphere. Though the menu is rooted in Spanish tradition — it is named for the picturesque city in northeastern Spain — it is not contained by those traditions and instead provides a United Nations of flavors as diverse as the Olympics and as quick to change as the Connecticut seasons.

I was invited for a tasting on a recent midweek afternoon and was immediately intrigued with the space. Occupying the spot once home to the Mexican restaurant Salsa, Zaragoza has an upscale feel that is reminiscent of spots in Connecticut's bigger cities like Stamford and New Haven. Designed by APK Designs of Newtown, it features a custom quartz and glass brick bar and a 13-foot solid walnut center tapas bar, as well as crystal light fixtures.

Located in the charming New England downtown of New Milford, across the street from the Bank Street Theater, it's easy to imagine stopping here for drinks and food prior to seeing a movie. An outdoor deck was undergoing construction during the visit, but looked like a promising spot for future outings.

After taking a seat I quickly dug into a variety of offerings. Favorites were the stuffed artichoke and the ceviche (chunks of raw fish

marinated in citrus juices). The former was stuffed with mascarpone cheese and wrapped in prosciutto, then served over an orange sauce. The latter was a classic serving of ceviche done right and with the added touch of plantain chips. Also well worth ordering: the tender short ribs and pork tenderloin Cubano sliders. For dessert try the delectable Oreo bread pudding, which adds a soft chocolate kick to an already delicious dish.

Beyond the food, the cocktails are fun, flavorful and approachable. The strawberry mojito, made with strawberry-infused tequila and fresh lime juice, was light and perfect for summer drinking. The IPA margarita, made with fresh lemon and lime juice, orange juice, tequila, Luxardo Triplum and topped with IPA foam, regrettably didn't have any hop flavor but was also a refreshing summer drink. The Litchfield Mule was a strong (in every sense of the word) reimagining of the Moscow Mule cocktail, with vodka replaced by Litchfield Distillery bourbon, a much harder option. Also, more than a dozen craft beers are on tap.

The restaurant is owned by Artie Praino and William R. Hart Jr., who have enlisted chef Rupert Cardenas to head the kitchen. Cardenas' cooking credits include Bambu in Danbury, Chris's American Restaurant in Brookfield and, most recently, The Foundry in Sandy Hook. Praino was the owner of the Newtown Deli, Sandy Hook Deli, Sideline Café, Woodbury Deli and Bayside Salumeria in New York. Hart's background is in the restaurant business, real estate, property management and banking. So far the trio seems to be on the right track with Zaragoza.



From top: Zaragoza's dining area; ceviche; stuffed artichokes. PHOTOS BY TOM MCGOVERN

Zaragoza

31 Bank St., New Milford
860-350-0701, zaragozarestaurant.com
Hours: Mon.-Wed., 5 p.m.-11 p.m. Thurs.-Sat., 11:30 a.m.-midnight. Sun. 3 p.m.-10 p.m.
Wheelchair accessible

LOBSTER ROLL CALL

Lobster
Landing in
Clinton

WHETHER HOT OR COLD,
THESE 10 SEAFOOD HAVENS
DO THE CONNECTICUT INVENTION PROUD

Connecticut's ties to the lobster roll run deep and delicious. It was here at some point in the 1920s that Harry Perry, owner of Perry's in Milford, first made a warm lobster roll for a regular customer named Ted Hales. (While "first in food" claims are notoriously difficult to verify, this one has far more consensus than most, with no disputes we are aware of.) In the decades since this culinary discovery, other New England states may have become better known for lobster rolls (we're looking at you, Maine), but Connecticut has more than held its own with places like Abbott's Lobster in the Rough, Lobster Landing and Captain Scott's Lobster Dock consistently making Best of New England lists. Below are some of our favorite lobster roll spots in Connecticut. Did your favorite make the list? Let us know.

BY KATE HARTMAN, ERIK OFGANG AND ALBERT YURAVICH



Lenny & Joe's Fish Tale

LENNY & JOE'S FISH TALE

ljfishsale.com

86 Boston Post Road, Westbrook, 860-669-0767
1301 Boston Post Road, Madison, 203-245-7289
501 Long Wharf Drive, New Haven, 203-691-6619

Long beloved by Connecticut families, Lenny & Joe's has been serving up a wide variety of freshly fried and broiled seafood since 1979. There's plenty to choose from here, but the lobster roll has always been a best-seller. Since opening its doors, the small local chain has served more than 1.3 million rolls, and it's always been done the same way, proving the old adage true — if it isn't broken, don't fix it. Lenny & Joe's lobster roll features 4 ounces of 100 percent Atlantic lobster meat (primarily tails and claws) served hot with clarified butter and a lemon wedge. Upon request you can also get your lobster roll served cold with a touch of mayonnaise and lemon. The roll comes in at \$15.99.

CAPTAIN SCOTT'S LOBSTER DOCK

80 Hamilton St., New London
860-439-1741, captainscotts.com

Since Perry "invented" the hot lobster roll nearly a century ago, the debate has raged

as to which is better — serving it hot (with drawn butter) or cold (with mayo). Captain Scott's offers it both ways, and by the crowds that gather every summer at this classic lobster shack overlooking Shaw's Harbor in New London, it's clear they've mastered both versions. Both versions feature chunks of fresh lobster meat served on soft split buns. It is \$12.99 for a small (about the size of a hot dog bun) and \$15.99 for a large (a bigger hot dog bun filled with lobster). Captain Scott's is takeout only and open seasonally, April through October. You may have to brave long lines at this perennial lobster roll favorite, but those crowds are another testament as to why this place is worth checking out.



S&P OYSTER CO.

1 Holmes St., Mystic
860-536-2674, sp-oyster.com

This restaurant, located in a historic and beautiful building overlooking the Mystic River, has garnered praise and accolades for its inventive interpretations of classic seafood and meat dishes. The lobster roll is no exception. It is delightfully different than others across the state because chef Edgar Cobena infuses his South American flair into the traditional New England dish. The roll is served cold with 5 ounces of hand-picked tail and claw meat tossed with lemon, mayonnaise, celery,

ketchup, Worcestershire sauce, salt, pepper and baby arugula. The rich roll is accompanied by crispy yucca fries for \$25.



Knapp's Landing

KNAPP'S LANDING

520 Sniffens Lane, Stratford
203-378-5999, knappslanding.com

Nestled beside the mouth of the Housatonic River and Long Island Sound, this landmark seafood restaurant serves a variety of popular dishes including fish and chips, stuffed shrimp, mussels, scallops gorgonzola and, of course, lobster rolls. For the sizable lobster roll, tail and claw meat is poached in butter, then served in a soft bun. The sandwich costs \$22.99, but there's no skimping on this 5½- to 6-ounce beast of a sandwich. Enjoy your meal with inside or outside waterside dining. Opened in 1997, there's a reason Knapp's Landing has lasted as long as it has.

ABBOTT'S LOBSTER IN THE ROUGH

117 Pearl St., Noank
860-536-7719, abbottslobster.com

Abbott's hot lobster rolls are unique in several ways. For starters, the cooking method: the lobsters are steamed in decades-old, cast-iron vaults to seal in the flavor. Next, there are not one, not two, but three sizes — the original with a



quarter-pound of meat (\$17.95), the “OMG” with 7 ounces (\$24.95) and the “LOL” (lots of lobster) with a full pound (\$49.95). (Most seafood joints offer only one size.) The LOL is a sight to behold, with its towering stack held together with a supersized toothpick. Finally, while the traditional lobster roll is contained in a hot dog-style bun, Abbott’s opts for variety — a sesame-seed hamburger bun for the original, a hot dog bun for the OMG and a freshly baked boule for the monstrous LOL. All rolls are buttered and toasted. For those who prefer a “cooler” lobster experience, there is a cold roll, this time in the more familiar split-top hot dog bun and steeped in Abbott’s house dressing.

Can’t make it out to Abbott’s waterfront location on the Mystic River? Order one of its new-this-season hot lobster roll kits, with every ingredient needed to make them at home. They can be ordered online and shipped, or picked up at the restaurant, which shutters for the season on Columbus Day. Prices range from \$58 for four kits (four lobster rolls) to \$139 for 10 kits. Prices do not include shipping.

THE RESTAURANT AT ROWAYTON SEAFOOD

89 Rowayton Ave., Rowayton
203-866-4488, rowaytonseafood.com

The heart and soul of this waterside restaurant is the Rowayton Seafood Market, which is tucked alongside the restaurant in an old fishing shack. It is the sea-to-table quality of ingredients from this market that executive chef Christopher Deist says sets the restaurant’s lobster rolls apart from the competition. “We take pride in sourcing the best, freshest product,” he says. Try the restaurant’s standard lobster roll served with celery, mayo, lemon and romaine on a buttered brioche roll, or go for the Rowayton Lobster Roll — hot lobster meat poached in butter, seasoned with Old Bay and lemon. The price changes based on the

market price of lobster, but the rolls always contain a quarter-pound to 5 ounces of lobster. If you don’t mind a break from the strict lobster roll format, go for the lobster grilled cheese, Maine lobster with melted white cheddar served on wheat toast. Though not listed on the dinner menu, the lobster rolls are available upon request.

LOBSTER LANDING

152 Commerce St., Clinton, 860-669-2005,
facebook.com/LobsterLandingLLC

A tiny, red and white shack at the end of a Clinton side street has been serving up what it calls “the best lobster roll in New England” for decades. Lobster Landing’s roll (\$16) is simple but delicious — a quarter-pound of claw and tail meat on a toasted sub roll lightly garnished with lemon and melted butter. The meat is fresh and tender; it melts in your mouth along with the butter, which is flavorful but not overpowering. Enjoy your lobster roll (or sweet Italian sausage, hot dogs and Gelato Giuliana-brand frozen treats) on a wooden deck overlooking Long Island Sound.

GUILFORD LOBSTER POUND

505A Whitfield St., Guilford
203-453-6122, guilfordlobsterpound.com

Celebrating its 25th anniversary, the hot lobster roll is a relatively recent addition at this working lobster pound, only coming onboard in 2008. But as one of Connecticut’s few remaining full-time lobstermen, owner Bart Mansi knows a thing or two about lobster. Out on the boat just about every day, Mansi combines his own catch, which he tanks in 38-degree saltwater, with a selection of Maine lobsters to make his quarter-pound rolls. They contain only fresh tail, claw and knuckle meat, all cooked in butter. No spongy leg pieces found here. Nor will you find any cold lobster rolls. For \$17, grab a roll and have a seat on the Guilford Harbor deck looking out to Falkner Island to the south, Grass Island to the east and the protected Salt Marsh, with its birds, deer and other fauna, to the west. During the summer the Pound is closed Mondays and Tuesdays. While you’re there, also



try the unique clear-broth chowder, made with fresh clams and a combination of Italian seasonings, all crafted by Mansi’s wife Janice.

LOBSTER SHACK

7 Indian Neck Ave., Branford
203-483-8414, lobstershackct.com

The Lobster Shack in Branford is all about simplicity. There are only six main items on the menu — grilled clams, chowder, bisque, Longhini sausage with peppers and onions, Hummel Bros. hot dogs and, of course, as the name suggests, lobster rolls. And there’s gelato for dessert. It was the dream of Nick Crismale, who wanted to open a seasonal food stand that offered up the freshest seafood caught on his boats, and his wife Arlene came aboard to run the business. The Shack’s lobster roll comes in two sizes: The regular hot roll is \$16.95 and includes a quarter-pound of fresh meat with lemon and butter on a toasted bun, while the “Whaler” Lobster Roll has a half-pound of meat for \$32. The Lobster Shack is cash only.



7 SEAS RESTAURANT & PUB

16 New Haven Ave., Milford
203-877-7327

Famous for its lightly battered fish and chips, it’s also worth a trip to Milford — the reputed birthplace of the hot buttered lobster roll — for this sandwich. Using Rockport lobster from Maine, the Smith family sautées knuckle and claw meat in butter before dropping a little over 6 ounces into a grilled hot dog bun buttered on both sides. At \$22.95 it’s pricey, but the meat portion is hefty, along with thick-cut fries and coleslaw. “The Double” is simply two lobster rolls, dashing dreams of a gigantic single roll, but who’s going to quibble with two heaping rolls? Cold lobster rolls are not served here. Located downtown, you can pick out 7 Seas with its green painted exterior draped with ivy. Now in its 51st year, 7 Seas is Milford’s oldest continuously operating eatery. Inside, it’s the definition of a casual neighborhood restaurant, and has been the hangout of the likes of Paul Newman and sports radio host Dan Patrick.

Ice Cream, Nitro Style

MILKCRAFT BRINGS LIQUID NITROGEN FROZEN TREAT, BUBBLECONES TO FAIRFIELD

BY ERIK OFGANG

Ice cream just got even cooler.

Milkcraft opened in May in Fairfield, becoming the state's first spot dedicated to ice cream made with liquid nitrogen. It also offers diet-breaking options like the "creamiebun," a glazed donut filled with ice cream then hot sealed, and the cartoonish-looking bubblecone, a thick waffle cone inspired by a Hong Kong street snack called *ji dan zai*.

The mad scientist-esque nitrogen process cools the ice cream ingredients to 190 degrees below zero, allowing each serving to be made to order, and creating a smoother, creamier treat that is free of the ice crystals that form in the conventional ice cream-making process.

Next door to Mecha Noodle Bar in the Brick Walk on Fairfield's Post Road, Milkcraft has quickly generated long lines and internet buzz. The ice cream is smooth, velvety and delicious, custard-like in its creamy consistency. The nitro has the same effect on ice cream as it does in nitro beer and coffee — it doesn't change it entirely but makes it creamier and, generally speaking, better. The bubblecones are essentially real waffles, not their crunchy waffle-cone cousins, and are served warm, soft and filled with ice cream.

During a recent visit, the ice cream flavors at the shop, which rotate, included standards like cookie butter and vanilla bean — "available for crybabies" says the menu — as well as exotic offerings like the Smokin' Choco De Leche (dark chocolate cream, dulce de leche and black salt flakes) or the Miss Piggy Does Vermont (maple ice cream topped with candied bacon — yes that's real bacon — and Vermont maple syrup). Other flavors include an ice cream made with a stout from Two Roads Brewing Co. that contains residual alcohol and won't be served to minors. Beyond ice cream, Milkcraft offers a variety of coffee drinks and uses coffee from the famous Stumptown Coffee Roasters. A variety of bubble teas — a tea mixed with fruit or milk, along with tapioca balls or fruit jellies — will be offered, as well.

Milkcraft is owned by David Mainiero, a graduate of Harvard Law School, who runs the shop with his family. The Mainiero fam-



Milkcraft's bubblecone. ERIK OFGANG

ily's previous culinary endeavors include owning the former Fairfield restaurant Spazzi in the '90s. Mainiero has high hopes for this new undertaking and plans to expand well beyond the Fairfield location. "The brand is positioned for corporate growth and franchising/licensing territories," he says. "Our next targets are New Haven, Danbury, Port Chester [New York], Newport Beach [California] and Manhattan, but nothing is set in stone as of yet."

The shop's aesthetic is modern cool. One wall is covered in black chalkboard-looking drawings depicting the food pyramid with milk at its top. There is a wood bar with stools, and custom-made chandeliers with steampunk globes hang from the ceiling. An outside eating area features hanging strings of light and funky furniture.

The vats of ice cream behind the counter at your traditional ice cream parlor are not found here. Instead, the counter is occupied by several food mixers, and potion-like containers of ingredients placed next to silver pitchers filled with liquid nitrogen. This was slightly disconcerting at first, as the place doesn't feel or smell like you might expect an ice cream place to. But my unease was quickly replaced with awe as the ice cream took shape.

After you order, a worker dons protective gloves and adds milk and sugar and other ingredients specific to your order to a bowl under the food mixer. Liquid nitrogen is so cold that when it comes in contact with

skin it can be uncomfortable. However, it is less likely to hurt you than standard hot liquids used in cooking, Mainiero says. As for how something that was so cold moments before is safe to eat, Mainiero says it's helpful to think of the question in reverse: "What makes french fries safe to eat after the potatoes are fried in hot oil at 350-plus degree temperatures?"

After the worker pours the liquid nitrogen into the mix, the bowl begins to emit a vapor cloud as if some type of alchemy experiment is underway. The food mixer is turned on and the ingredients begin to spin. In a few minutes, the super-cold liquid nitrogen turns the raw ingredients into delicious, smooth-as-silk ice cream.

"The nearly instantaneous freezing prevents ice crystals from forming between the molecules, which is what gives traditional ice cream its 'icy' flavor," Mainiero says. He adds that he believes the process results in a tastier product, "because it is not frozen in a traditional batch freezer or stored in a soft-serve machine for long periods of time. More importantly, because every batch is made-to-order, the product is truly from cow to cone."

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Bistro Bets on BYOB

LOLA'S IN PLAINVILLE FOCUSES ON QUALITY, AFFORDABILITY

BY MARYELLEN FILLO

If you've heard it once, you have heard it a thousand times: Do not judge a book (or a restaurant) by its cover!

Despite its location in a tired former ball bearing factory in the blue-collar town of Plainville, Lola's Bistro & Grill has proven it's what's inside that counts.

Warm and welcoming are the words that jump to mind when you enter this lunch and dinner eatery. Tucked into what has become a commercial mixed-use complex on Woodford Avenue, Lola's owners Eric and Ally Molloy are front and center, welcoming guests and setting the tone for a New American dining experience with European influences.

But first the backstory. The two, who share an Aug. 1 birthdate, met when they were both working at another Plainville restaurant. There was love, marriage and three kids — including middle child Lola, for whom the restaurant is named — and then changes at the job they weren't quite comfortable with, Eric explains.

"I had already been hired somewhere else when we heard about this space being available," he says. "Ally and I talked; we wanted to have our own place, but we aren't big risk takers and we had three kids. But all we know is the restaurant business, and we said, 'Let's do it!'"

They have transformed the former pizza place into a charming little bistro. A combination of booths and tables is unassuming yet a bit elegant in the soothing-colored dining room thanks to tables cleverly topped with linen and brown paper. The bar area is limited to a few stools and a couple of bistro tables, but this hints at why the restaurant is so affordable.

"Yes, we know restaurants make their money on the bar," says Eric Molloy. "Dinner for two easily runs \$80 to \$100. So dinner out becomes a special occasion, something you do for a birthday or anniversary or special date."

The Molloys' strategy?

"Bring your own wine, beer, liquor, whatever, and then dinner or lunch becomes affordable and you'll come here once or twice a month instead of just a few times a year," he says. "We think the BYOB makes us a little different around here, helps us stand out. We upsell our food instead of liquor because we know what we serve is good. And we want people to want to come back and not worry about breaking the budget to do so."

Molloy is a self-taught chef who talks fond-

ly of other chefs who mentored him along the way. "And my grandma, she was a great cook and taught me, too," he adds, smiling.

Grandma and the others would be proud. The menu, served both at lunch and dinner, is eclectic, creative and reflects the Molloys' interest in all food genres.

Starters, which range from \$5 to \$10, include tempura-fried veggies, sausage-stuffed mushrooms and Prince Edward Island mussels with chorizo. Fresh roasted beets, arugula and white truffle oil are featured in the liuzzi burrata, and for purists Molloy offers a made-from-scratch, sweet French onion soup.

Lola's has beefed up the sandwich board with choices like an oven wrap with grilled vegetables and fontina cheese, a classic meatball sub with house-made marinara, and a fried fish sandwich with house-made tartar sauce.

Small plates include Crab Cake Lily (named after Ally's mom), buffalo chicken tenders and linguini alla vongole featuring fresh baby clams and red marinara.

The salads are an homage to the Molloys' three children. Evangeline's Salad, named after their other daughter, is a Caprese-style creation with artichoke hearts added to make it extra special. Jake's Salad, named after their son, features mesclun greens, Granny Smith apples, toasted walnuts and a raspberry vinaigrette. And yes, Lola makes the salad menu. Hers features arugula, fire-roasted pears and roasted red onion.

Entrées reflect the best of what's going on in the kitchen. An apple- and sausage-stuffed chicken is one of diners' favorites. Inspired by one of the chefs who helped him along the way, Molloy tops the creation with a roasted vegetable gravy. Other specialties include sea scallops and butternut squash risotto, and Chicken Lola, a combination of chicken cutlets topped with ricotta cheese, breaded eggplant, prosciutto and bocconcini ("little bites" of mozzarella). Pork shank osso bucco, lamb chops, pan-roasted Atlantic salmon, pan-seared ahi tuna and daily specials like beef tips marsala round out entrée choices, which range from \$17 to \$20.

"I think people are surprised when they come here for the first time," says Ally Molloy. "It has turned into one of those surprising little spots that people aren't sure of when they pull into the parking lot but come back to again after eating here once."

Lola's also has a spacious banquet room for up to 80 people, as well as a small patio



From top: Rigatoni primavera; tempura veggies; center-cut lamb chops with chanterelles, lima beans, cipollini onion and fingerling potatoes. PHOTOS PROVIDED

for al fresco dining.

"It's funny because the things we were so unsure of when we opened, like it being BYOB and being in an industrial building, are the things now that have worked in our favor," adds Eric Molloy. "We just want to serve good food that is affordable in a nice place. We just want to be fair to customers and hope they like what we are doing and our menu."

Lola's Bistro & Grill

161 Woodford Ave., Plainville
860-351-5459

Hours: Lunch Tue.-Fri. 11:30 a.m.-2 p.m. Dinner Tue.-Sat., 5-9 p.m. Dinner Sun. 4-8 p.m. Closed Mon.
Wheelchair accessible

Craft Cruising

BY ERIK OFGANG

ELI CANNON'S CHARITY BEER FEST,

Aug. 1 Each year one of Connecticut's best beer bars throws one of the state's best beer festivals. Funds from this year's event will go to the Middlesex Coalition for Housing and Homelessness. Food trucks scheduled to attend include NoRA Cupcake and The Whey Station. More than a dozen Connecticut breweries will participate including Beer'd, Kent Falls and Stubborn Beauty. 4:30 to 9 p.m. \$35 to \$45. 695 Main St., Middletown. eliccannons.com

MUSIC AT HOPKINS VINEYARD,

August The Night Owl music series at Hopkins Vineyard is in full swing in August with music almost every weekend. Performances include Kings of Karma, Aug. 13, 5 to 8 p.m.; Mike Fisher and Acoustic Fish, Aug. 14, 2 to 5 p.m.; The Goods, Aug. 21, 2 to 5 p.m.; Belle of the Fall, Aug. 28, 2 to 5 p.m., and more. 25 Hopkins Road, Warren. 860-868-7954, hopkinsvineyard.com

SHORELINE WINE FESTIVAL, Aug.

13 & 14 Bishop's Orchards Guilford Farm Market & Winery in Guilford will host its 10th annual festival. Fine wines from wineries across the state will be offered, and will range from grape to fruit wines. There will also be seminars by local wine experts, live music and food, all against the backdrop of a beautiful farm orchard. Noon to 7 p.m. (Saturday), noon to 6 p.m. (Sunday). \$30 to \$35. 1355 Boston Post Road, Guilford. shorelinewinefestival.com

DONAVON FRANKENREITER AT

JONATHAN EDWARDS, Aug. 14 Enjoy the laid-back, soulful crooning of singer-songwriter Donavon Frankenreiter in this concert at the vineyard. Frankenreiter plays music reminiscent of his longtime friend and

collaborator Jack Johnson. 6:30 p.m. \$45. 74 Chester Maine Road, North Stonington. 860-535-0202, jedwardswinery.com

STONINGTON VINEYARDS MOVIE

NIGHT ON THE LAWN, Aug. 27 (Rain date: Aug. 28) Relive the glory of the drive-in movie theater — only with lots more wine — at this outdoor screening of the wine-centric film *Sideways*. Tickets include the film, a glass of Stonington Vineyards Wine and popcorn. The Rollin' Reds Food Truck will also be on site. 7:30 p.m. \$25. 523 Taugwonk Road, Stonington. 860-535-1222, stoningtonvineyards.com

SHAKESBEER FESTIVAL, Aug. 27

What to drink and what not to drink? That is the question at this festival. The event raises funds for the restoration and reopening of the American Shakespeare Theatre in Stratford, a place that, alas, has been shuttered for nearly 30 years. The festival offers craft beer, live music and food, all for a good cause. Methinks thou shalt want to attend. 2 to 6 p.m. \$40. 1850 Elm St., Stratford. beerfests.com/events/shakesbeer-festival

SHORE TO THE POUR BEACH RACE,

Aug. 27 Two Roads Brewing Co.'s fourth annual three-mile beach race takes place at Short Beach Park in Stratford. The sandy race ends with a beer tasting, and a portion of the proceeds from the event will be donated to the Connecticut Audubon Society at Stratford Point. 10:30 a.m. Short Beach Park, Stratford. 203-335-2010, tworoadsbrewing.com

Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com

Wild Moon Cucumber Liqueur

HARTFORD FLAVOR CO.

This natural liqueur offers an alternate route to summer refreshment. Crisp like a real cucumber, this locally crafted and bottled product slashes through the sweat of August with cool revitalization. Each bottle is individually numbered by batch and by bottle in a nod to the true hands-on nature of the business, and when a bottle of 40-proof Wild Moon Cucumber is uncorked, the smell is of a true, freshly picked cucumber, not a fake floral imitation. Mix the liqueur with Prosecco and fresh-squeezed lime and top it with San Pellegrino Limonata Refresher — just one of dozens of specialty cocktail recipes on the company's website.

Wild Moon Cucumber is only one of six specialty flavored liqueurs created by Hartford Flavor Co., whose products are distributed throughout the state. The company also sells cranberry, birch, lavender, rose and chai spice liqueurs. It's all the brainchild of husband-and-wife team Tom and Lelaneia Dubai, who started by handing out their cranberry variety as holiday gifts. They launched their company in 2013. Each bottle is created using all-natural, organic botanicals and is distilled in a way to truly capture each plant's individual properties, smell and taste. | KATE HARTMAN |



Raw Tacos

G-ZEN, BRANFORD

The husband-and-wife team of chefs Mark Shadle and Ami Beach Shadle have closed the loop on sustainable eating — growing organic products on their Durham farm, using them in their Branford restaurant and food truck and composting the remnants — and they have crafted some of the most delicious vegetarian, vegan and raw dishes around (and won awards for it). Everything here is creative and flavorful, but it's the restaurant's raw tacos that inspired us to stop by.

This house favorite is the creation of



Ami Beach Shadle, a raw foodist herself who is always looking for ways to reimagine her favorite dishes to fit

her lifestyle. The tacos include Mexican-spiced, raw/live walnut "taco meat," fresh guacamole and cashew sour crème in a romaine-lettuce shell topped with fresh scallions, red pepper and cashew Parmesan. Nothing here is "cooked," but you'd never know it. There's a distinct spice that relates to more traditional varieties, but overall these tacos are lighter and creamier. The lettuce leaf provides the crunch of a taco shell minus the salt (and guilt), and the walnut pâté gives the



texture of refried beans with a distinct, pleasant nutty flavor. "People don't even realize it's vegan or raw when they're ordering it," says Beach Shadle. "They don't care what it is. They just know it tastes good." | KATE HARTMAN |



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dining guide

AUGUST 2016

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openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

Dere Street, Newtown Inspired by Dere Street, an ancient Roman road in northern England built close to 2,000 years ago, this bar, restaurant and bakery seeks to combine British and Italian culture into one unique dining experience. Think Italian coffee, English tea, Italian wine and British beer. There are also cocktails powered by gin (courtesy of England) and Aperol (courtesy of Italy). 203-304-9356, derestreetrestaurant.com

Stella's and Mazie's, Hartford A rotating lineup of Caribbean, West African and American dishes are served daily from a small Capitol Avenue spot. There are three entrées offered per day, one with beef or lamb, one featuring chicken and one vegan. 860-308-2175

Room 112, Norwalk A new hangout featuring craft cocktails and billed as "South Norwalk's premier lounge." The décor has a speakeasy flair and features old-school music with a sultry vibe and frequent live performances. 203-939-1347, room112sono.com

Herd, Middletown Chef Daniel Sergi is a veteran of several Connecticut restaurants, including the Hideaway in Old Lyme and Basta Trattoria in New Haven. Herd, the new restaurant he co-owns, features locally sourced proteins with fresh seasonal accompaniments. I'm most interested in trying the meatball lollipop appetizer. 860-346-4373, herdonmain.com

Shanks, Clinton Forget about food trucks — this food boat recently made its port at Harborside Marina in Clinton. The vessel — a renovated 1974 commercial lobster boat that maintains its seafaring capabilities — offers a variety of seafood that can be enjoyed at an expansive waterside space with plenty of tables and great views. 860-669-4224, shankscClinton.com

Know of a new Connecticut restaurant?
Email Erik Ofgang at eofgang@connecticutmag.com

Fairfield County

Aanci 67 • Italian • EP Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 aranci67.com. Closed Sun. D, L (Mon.-Fri.), \$\$, WA

Bailey's Backyard • Farm to Table • EP A farm-to-table restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 baileysbackyard.com. Closed Mon. L D SB, \$\$\$

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Blind Rhino • American • EP Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri.-Sun.), D, SB, \$

Butcher's Best Country Market • Deli • RC Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Casa Villa • Mexican • EP Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 casavillarestaurant.com. Open daily. L, D, LS (Fri.-Sat.), \$, WA

Coromandel Cuisine of India • Indian • EP RC Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South

Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandelcuisine.com. Open daily. L D SB, \$\$, WA

Da Pietro's Restaurant • Italian • EP Chef Pietro Scotti prepares critically acclaimed cuisine. In particular, he's known for his homemade pasta, seafood, meats and game, as well as his signature sauces. • 36 Riverside Ave., Westport, 203-454-1213 dapietros.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$

Dinosaur Bar-B-Que • Barbecue • EP Offers a menu firmly rooted in the traditions of Southern barbecue but with its own distinct character. • 845 Canal St., Stamford, 203-517-3272 dinosaurbarbque.com. Open daily. L D, \$\$\$

Fat Cat Pie Co. • Pizza • EP A community-based wine-pub featuring small-production wine, craft American beer, thin-crust organic pizza, generous organic salads, artisanal cheese and charcuterie, house-made delectable desserts and a true espresso bar. • 9-11 Wall St., Norwalk, 203-523-0389 fatcatpie.com. Closed Sun. L D, \$, E, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Gabriele's Italian Steakhouse • Italian Gabriele's is large and luxe, and so are the steaks, which include filet mignon served on the bone, Wagyu and bone-in porterhouse. • 35 Church St., Greenwich, 203-622-4223 gabrielesofgreenwich.com. Open daily. D, \$\$\$

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS, \$\$\$

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2016 Experts' Pick award winner; RC = 2016 Readers' Choice winner.

The Hideaway • Pub • EP Seafood apps, Southwestern specialties and a bar with an extensive beer selection and late-night pub menu, plus trivia on Wednesdays and live music every weekend. • 30 Grove St., Ridgefield, 203-438-7676 thehideawayridgefield.com. Open daily. L D LS, \$, E

Homestead Inn — Thomas Henkelmann • French • EP Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Kotobuki • Sushi • EP RC Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 kotobukijapaneserestaurant.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

The Local Kitchen and Bar • American Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352 (sonolocal.com); 85 Mill Plain Road, Fairfield, 203-955-1919 fairfieldlocal.com. Open daily. L D, \$\$\$, WA

Market Place • American Featuring American farm-to-table cuisine with a locally sourced menu. • 33 Mill Plain Road, Danbury, 203-616-5836 marketplacedanbury.com. Open daily. L D LS, \$\$\$, WA

Pho Vietnam • Vietnamese A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 rivebistro.com. Open daily. L D, \$\$\$, WA

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Closed Mon.-Tues. L D SB, \$\$\$, E

Redding Roadhouse • American This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 thereddingroadhouse.com. Open daily. L D SB, \$\$\$, E, WA

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$

Rothbard Ale + Larder • Gastropub • EP Offers dishes and drinks inspired by the Central European regions, including Alsace, Germany, Belgium and Switzerland. • 90 Post Road E., Westport, 203-557-9666 rothbardct.com. Closed Mon.-Tues. L (Fri.-Sun.), D, \$

Sale Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$\$, WA

The Schoolhouse at Cannondale • American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, \$\$\$

The Sitting Duck Tavern • American • RC Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. L D LS SB, \$\$\$

South End • American • EP South End's food philosophy is a simple one; uncomplicated, seasonal, flavorful food, with an atmosphere that is casual. • 36 Pine St., New Canaan, 203-966-5200 southendnewcanaan.com. Open daily. L (Wed.-Sat.), D SB, \$\$\$, E

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

Super Duper Weenie • Road Food • RC This famous landmark redefines comfort food with locally sourced meats, homemade relishes, fresh-cut fries and soups made from scratch. • 306 Black Rock Turnpike, Fairfield, 203-334-3647 superduperweenie.com. Open daily. L, D (Fri.-Sat.), \$

Tequila Mockingbird • Mexican • EP The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdinc.com. Open daily. D, \$\$

Wafu Asian Bistro • Asian • EP Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpentertct.com. Open daily. L D, \$\$\$, WA

Basso's Cafe • Mediterranean This fine dining and now full bar establishment revolves around an intimate and authentic expression of Renato's cultural heritage of Mediterranean and Latin American fusion cuisine. • 124 New Canaan Ave., Norwalk, 203-354-6566 bassobistrocafe.com. Closed Mon. L D, \$\$\$, E, WA

| Hartford County |

Abigail's Grille and Wine Bar • American Completely remodeled 1780 tavern blending classic charm with upscale casual dining. Try Gorgonzola-topped pork chops or cedar-plank Atlantic salmon. • 4 Hartford Road, Simsbury, 860-264-1580

abigailsgrill.com. Open daily. L (Mon.-Fri.) D SB, \$\$\$, WA

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$, \$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$\$, E, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Carbone's Ristorante • Italian • EP This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Confetti • Italian • EP Offers Italian-American cuisine with a celebratory vibe. Also caters and operates the Big Red Truck food truck. • 393 Farmington Ave., Plainville, 860-793-8809 idineconfetti.com. Closed Mon. & Tues. D (Wed.-Sun.) SB, \$\$

East Side Restaurant • German • EP Old World-style restaurant specializing in German food, beer and culture in an authentic Bavarian atmosphere. • 131 Dwight St., New Britain, 860-223-1188 eastsiderestaurant.com. Closed Mon. L D, \$\$\$, E

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

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Semifinalist, James Beard Awards "Best New Restaurants"

Executive Chef Marcell Davidsen listed in Connecticut Magazine's "40 Under 40: Class of 2016"

Winner, OpenTable Diners' Choice Awards "Fit for Foodies" + "Contemporary American"

PHOTO © PEGGY ANDERSON

dining guide | hartford county

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

The Mill on the River • American Pan-seared Chilean sea bass and pork chop Milanese are tops at this former gristmill.

Wine Spectator Award of Excellence. • 989 Ellington Road, South Windsor, 860-289-7929 themillontheriver.com. Open daily. L (Mon.-Fri.) D SB, \$\$, WA

ON20 • Contemporary French / American • EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Plan B Burger Bar • Burgers • RC Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

Sushi Red • Sushi • EP Offers up delicious, fresh, hand-crafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$\$, E

Vinted Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$\$, WA

The Willows • American • EP A suave boîte in the DoubleTree Hotel helmed by star chef Leo Bushey III. On the menu: vanilla-poached lobster, pot-au-feu and pork tenderloin roulade with sun-dried fruit. • 42 Century Drive, Bristol, 860-589-7766 doubletree-bristol.com. Open daily 5 to 10. D, \$\$\$, WA

Litchfield County

Arethusa al Tavolo • New American • EP This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaaltavolo.com. Open Thurs.-Sun. D, \$\$\$, WA

Carole Peck's Good News Cafe • New American Chef Carole Peck offers original dishes like warm crab taco and chicken tagine. • 694 Main St. S., Woodbury, 203-266-GOOD good-news-cafe.com. Closed Tues. L D, \$\$\$

Community Table • American • EP Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. • 223 Litchfield Tpke., Washington, 860-868-9354 communitytablect.com. Closed Tues.-Wed. D SB, \$\$\$, WA

The Cookhouse • Barbecue • EP "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA

Patty's Restaurant • American A delightful breakfast experience with generous portions — the menu is influenced by season and might include treats such as raisin French toast or apple, walnut and cranberry pancakes. • 499 Bantam Road, Litchfield, 860-567-3335. Open daily. B L, \$

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$\$, WA

The Village Restaurant • American Historic pub and restaurant in the heart of Litchfield. Veal Bartaucchi, Parmesan-and-horseradish-encrusted salmon and cheeseburgers top the menu. • 25 West St., Litchfield, 860-567-8307 village-litchfield.com. Open daily. L D, \$\$\$

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$, WA

The White Horse Country Pub • American • EP Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$\$

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Middlesex County

Angelico's Lake House • American Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicolakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 baci grill.com. Open daily. L D LS, \$\$, E, WA

Chester's Barbecue • Barbecue Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views as you indulge in award-winning dishes like Torte di Granchio (lump crab cakes with watermelon radish slaw and caper aioli), Gnocchi Cosentina and Tagliata Toscana. • 1525 Boston Post Road, Westbrook, 860-399-5901 watersedgeresortandspa.com. Open daily. B L D SB, \$\$\$, E

El Pulpo Restaurant & Tapas Bar • Mediterranean Paella de mariscos and Vieiras a la Plancha (grilled diver sea scallops and lobster over frayed fontina cheese risotto and champagne sauce) are among the highlights of this romantic restaurant. • 386 Main St., Middletown, 860-788-7525. Open daily. L D, \$\$

Eli Cannon's • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicanons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$, WA

Gelston House • American This historic restaurant offers unparalleled views of the Goodspeed Opera House and the Connecticut River. Entrées include pan-seared duck breast, filet mignon and lamb ragout. • 8 Main St., East Haddam, 860-873-1411 gelstonhouse.com. Closed Mon. L (Tues.-Sun.) D LS SB, \$\$, E, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueria.com. Closed Sun. L D, \$

It's Only Natural (ION) Restaurant • Vegetarian • EP Vegan/vegetarian offerings with a Southwestern bent, plus a full organic bar. • 606 Main St., Middletown, 860-346-9210 ionrestaurant.com. Open daily. L D (Mon.-Sat.), SB, \$

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 laforesta.com. Open daily. D, \$\$, WA

Lenny & Joe's Fish Tale • Seafood This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 jiffishale.com. Open daily. L D, \$\$, WA

Liv's Oyster Bar • Seafood Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. Stonington sea scallops, wild salmon, organic chicken and heirloom vegetables top the menu. • 166 Main St., Old Saybrook, 860-395-5577 livosysterbar.com. Closed Tues. D, \$\$, WA

Luigi's • Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$, WA

Mondo Restaurant • Pizza This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$, WA

NoRA Cupcakes • Bakery The offbeat and creative cupcakes here are beloved far and wide. The cupcake shop also features coffee, croissants, soup, bread and more. If you can't make it to Middletown, keep an eye out for Li' NoRA Cupcake Truck. • 700 Main St., Middletown, 860-788-3150 noracupcake.com. Closed Mon. \$

Puerto Vallarta • Mexican • RC Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallarta.com. Open daily. L D, \$

New Haven County

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), \$\$, WA

Archie Moore's Bar & Restaurant • American Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archie Moores.com. Open daily. L D LS, \$

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Brazi's • Italian • EP Family-friendly restaurant provides a flair for traditional Italian dishes served in a relaxed and comfortable atmosphere. • 201 Food Terminal Plaza, New Haven, 203-498-2488 brazis.com. Open daily. L D, \$

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chaat House • Indian • EP The inspired, creative and scrumptious menu is full of healthy, delicious, all-vegetarian dishes. • 315 York St, West Haven, 203-934-9676 indianasiangroceries.org. Closed Mon. L D, \$

Chip's Family Restaurant • American • RC Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Consiglio's Restaurant • Classic Italian Family-owned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciola, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$

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dining guide | new haven county

Goodfellas Restaurant • Italian • EP RC The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 goodfellasrestaurant.com. Open daily. L D, \$\$, WA

Heirloom • Modern Continental • EP Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 studyhotels.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com. Closed Mon. L D, \$\$, E

Ibiza Tapas • Tapas • EP Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 ibizatapaswinebar.com. Closed Mon. D, LS (Fri.-Sat.), \$, WA

J. Christian's • New American A smart, lively restaurant and lounge that takes no shortcuts in preparing New American cuisine with a Southern accent. • 9 North Main St., Wallingford, 203-265-6393 jchristians.com. Closed Mon. L D, \$\$

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

La Tavola Ristorante • Classic Italian Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pumpkin ravioli and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 latavolaristorante.com. Closed Sun. L D, \$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 lepetitcafe.net. Closed Mon.-Tues. D, \$\$\$

Mamoun's • Middle Eastern • RC Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 prime16.com. Open daily. L, D, LS (Orange), \$

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$\$

Sake Fusion Restaurant • Asian Fusion Indian pancakes with curry sauce and Vietnamese-style grilled pork are just a few of the Asian-fusion dishes on the menu. • 730 Main St. S., Southbury, 203-264-2888 sakefusionsouthbury.com. Open daily. L (Mon.-Sat.) D, \$, WA

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$\$

Viron Rando's Osteria • Italian • EP The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave, Cheshire, 203-439-2727 vironrandoosteria.com. Open daily. L D LS, \$\$\$

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crusted sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 madisonbeachhotel.com. Open daily. B L D, \$\$\$, WA

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 zincfood.com. Closed Sun. L (Tues.-Fri.) D, \$\$\$

| New London County |

Al Dente • Italian Savor the mouthwatering flavors of frutti di mare, farfalle con pollo and medaglioni de manzo, followed up with cannoli or tiramisu at this Italian dining gem. • Foxwoods Resort Casino, Mashantucket, 800-FOXWOODS foxwoods.com. Closed Mon.-Tues. D, \$\$\$, E, WA

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmysticct.com. Open daily. L, \$, WA

Bobby's Burger Palace • American This burger palace serves an array of burgers inspired by chef Bobby Flay's extensive travels. Each is a tribute to a different American regional flavor and tradition. • Mohegan Sun, Uncasville, 888-226-7711 bobbysburgerpalace.com. Open daily. L D, \$\$, WA

Breakwater • Seafood Located where Skipper's Dock used to be and offers stunning views and ocean-to-table dishes including some with Asian or Latin-American touches. • 66 Water St., Stonington, 860-415-8123 breakwaterstonington.com. Closed Mon.-Tues. L D, \$\$, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon. • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Cedars Restaurant • American Offers lounge seating and cozy booths. Diners can count on the finest cuts of certified dry-aged prime beef and fresh seafood. • Foxwoods Resort Casino, Mashantucket, 800-FOXWOODS foxwoods.com. Open daily. D, \$\$\$, WA

David Burke Prime • American • EP An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$\$

The Engine Room • American • EP The focus is on "beer, burgers and bourbon," within the walls of a historic refurbished marine engine building with views of the Mystic River. • 14 Holmes St., Mystic, 860-415-8117 engineroomct.com. Open daily. L D SB, \$\$\$

Flanders Fish Market & Restaurant • Seafood Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clamcakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous clam pizza is the standout, many others are also worth the wait. This expanding pizza empire continues to set the standard for Connecticut pies. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Harbour House Restaurant and Bar • Seafood • EP RC Sample ahi tuna tacos, lobster, grilled swordfish and other seafood favorites in a casually elegant and comfortable setting with stunning water views. • 3 Williams Ave., Mystic, 860-536-8144 harbourhousect.com. Open daily. L (Mon.-Fri.) D, \$\$, E, WA

Jasper White's Summer Shack • Seafood This award-winning restaurant features live lobster and crab, fried seafood, chowders and wood-grilled fish. • Mohegan Sun, Uncasville, 860-862-9500 summershackrestaurant.com. Open daily. L D SB, \$\$\$

Kensington's at The Spa at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com. Open daily. B L D SB, \$\$\$, E, WA

The Old Lyme Inn • American • EP The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily. L D, \$\$\$, WA

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The Oyster Club • American • EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 oysterclubct.com. Closed Tues. L (Sat.) D SB, \$\$, WA

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 red36ct.com. Closed Mon. L D, \$\$

| Tolland County |

Asian Bistro • Asian Fusion A popular hibachi steakhouse/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Road, Mansfield, 860-456-8316 asianbistromansfield.com. Open daily. L D, \$\$, WA

Bidwell Tavern • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$

Elmo's Dockside • Seafood Known for fresh, local seafood, homemade clam chowder and lobster bisque, USDA High Choice beef, poultry and pasta dishes. • 48 Hartford Tpke., Vernon, 860-646-3474 elmosdockside.com. Open daily. L (Mon.-Sat.) D, \$\$

Lakeview Family Restaurant • Fresh Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Rein's New York Style Deli-Restaurant • American • RC Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

| Windham County |

The Courthouse Bar & Grill • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$

The Heirloom Food Company • Vegan • EP Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatherloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$\$, WA

Roots Down • American • EP RC American-style bistro featuring locally raised produce and meats. • 18 Route 171, Woodstock, 860-315-5614 roots-down.net. Closed Mon. & Tues. L D SB, \$\$

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what's next?

John Dankosky Launches a New
Regional Radio Program that Tackles
Issues Important to New England

Thursdays at 2 p.m. and
Sundays at 6 p.m. beginning August 4

wnpr





PRESIDENT'S MESSAGE

As the home of Connecticut Public Radio (WNPR), we at the Connecticut Public Broadcasting Network (CPBN) were pleased to announce recently that WNPR's John Dankosky would be taking on an exciting new role. John, formerly our Vice President of News and host of the WNPR talk show *Where We Live*, is now Executive Editor of the New England News Collaborative (NENC), a role he has taken on from our Connecticut office. This collaborative includes WNPR and seven other New England public media stations, and was formed to explore timely issues, from immigration to transportation, through a local lens.

While John is no longer the voice of *Where We Live* (now hosted by Lucy Nalpathanchil), he will be returning to WNPR's airwaves this August as host of a new program being launched by WNPR and the NENC, with support from the Corporation for Public Broadcasting. This program is called *NEXT*, and it is a weekly show built around the reporting efforts of the NENC and designed to cover the issues that matter to New England residents.

We are thrilled that John's on-air talents will once again be heard regularly on WNPR. We are also thrilled to be the parent station of this innovative new program that will be available not only locally, but throughout the nation, both over-the-air and as an online podcast. For more information, see this issue's feature story.

Additionally, we would like to thank everyone who came out for this summer's Faith Middleton Food Schmooze® Martini Competition. Hundreds of guests joined us for an evening of food, friends, and of course, martinis. This year's competition resulted in the first-ever tie for Official Martini of the Food Schmooze®; congratulations to Bear's Smokehouse BBQ and Rooster Company! Thank you again to all of the attendees, as well as the participants, for making this fundraising event a success – and having a great time with us in the process!

While we're on the subject of thanks, thank you to our members for giving us the support we need to keep bringing you great programming on both WNPR and Connecticut Public Television (CPTV). We couldn't do it without you!

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network



"What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center; 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

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HIGHLIGHTS



The Nazi Games – Berlin 1936 **Tuesday, August 2 at 8 p.m. on CPTV**

See how the Nazis and the IOC turned a relatively small, elitist sports event into an epic global and mass media spectacle that, despite the IOC's determined attempts to forget, continues to this day.



Under The Streetlamp: Rockin' Round the Clock

**Saturday, August 27 and
Wednesday, August 31 at 8 p.m. on CPTV**

RED CARPET AND EXCLUSIVE TICKET AND MEET & GREET OPPORTUNITIES

Celebrate the American Radio Songbook of the 1950's-1970's with this performance by members of the Tony Award-winning musical *Jersey Boys*. Featuring tight harmonies and slick dance moves, the concert magically recreates the time when singers would gather under a street lamp to sing their favorite songs.



Inspector Lewis on Masterpiece **Sundays beginning August 7 at 9 p.m. on CPTV**

Kevin Whately and Laurence Fox return one last time as Inspector Lewis and CS Hathaway, investigating new cases of murder and other crimes in the seemingly perfect academic haven of Oxford.



The Boys of '36: **American Experience**

Tuesday, August 2 at 9 p.m. on CPTV

Explore the thrilling story of the American rowing team that triumphed at the 1936 Olympics in Nazi Germany. Inspired by the #1 best-seller *The Boys in the Boat*, the film follows the underdog team that took the nation by storm when they captured gold.



Koko – The Gorilla Who Talks **Wednesday, August 3 at 8 p.m. on CPTV**

In 1971, Penny Patterson began teaching sign language to a gorilla named Koko, unaware that this relationship would define both their lives. More than 40 years later, the now-famous Koko continues to redraw the line between people and animals.

Where are we now?

what's next?

As the founding host of *Where We Live*, WNPR's flagship news program, John Dankosky established himself as a trusted source for news and ideas, breaking down the issues of greatest concern to Connecticut residents every morning.

Now, Dankosky is putting these skills to use as the Executive Editor of the New England News Collaborative, a news-gathering operation of eight public media companies across the region whose goal is to better tell the story of New England. Built around the enterprise news reporting efforts of the Collaborative and with support from the Corporation for Public Broadcasting, WNPR will launch *NEXT*, a new weekly radio program and podcast hosted by Dankosky this August.

NEXT will not only focus on the deep-rooted connections within the region, but also how New England's six states are tackling similar problems in different ways. "Most of the shows you hear on public radio are either national, like those produced by NPR, or local, like *Where We Live*," Dankosky explains. "*NEXT* will tackle issues from a regional perspective, treating New England as a connected entity. That means we'll be exploring issues that affect us as a larger community, and casting a wider net for solutions."

Featuring original interviews with residents and experts, *NEXT* will dive into topics ranging from immigration issues to climate change. Dankosky is especially eager to work with the talented reporters and producers of the stations that make up the Collaborative. "I'm also excited to work on a new kind of project that allows for long-form storytelling and in-depth exploration of topics."



How did we get here?

In fact, Dankosky insists it's this distinct approach that makes *NEXT* so unique. "We're working together to tell stories that I think will really matter to people's lives," Dankosky says. "*Where We Live* has an important impact on the conversation Connecticut has with itself every day, and I hope *NEXT* will do the same for this place we call New England."

***NEXT* will air on WNPR Thursdays at 2 p.m. and Sundays at 6 p.m. beginning August 4. For more information about *NEXT* and the New England News Collaborative, please visit wnpr.org.**

wnpr



Prime Time | August 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

MON 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage New Orleans A 1955 Dodgers World Series ball is showcased.		Antiques Roadshow - Vintage Atlanta An 1841 letter by Abraham Lincoln is appraised.		Fake or Fortune - A Mystery Old Master Experts deploy scientific tests on a very old painting.		P.O.V. - Iris** Style maven Iris Apfel is profiled and her influence is explored.	
CPTV4U	Nature - Animal Homes: The Nest		Nature - Animal Homes: Location, Location, Location		Nature - Animal Homes: Animal Cities		Charlie Rose	
TUE 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nazi Games - Berlin 1936 The Nazis and the IOC turned a relatively small sports event into a spectacle.		The Boys of '36: American Experience The 1936 U.S. Olympic rowing team is highlighted.		Enemy of the Reich: The Noor Inayat Khan Story A British spy during World War II is profiled.		Munich '72 and Beyond The Munich massacre at the 1972 Summer Olympics is examined.	
CPTV4U	The Great British Baking Show, Season 3 - Desserts		Case Histories - Jackson & the Women Jackson must search for the truth after a deathbed confession.			Vicious - Season 1, Part 5	Charlie Rose	
WED 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Koko: The Gorilla Who Talks Over 40 years ago, a woman began teaching sign language to a gorilla.		NOVA - Roman Catacomb Mystery A forensic investigation explores an ancient city of the dead.		Spillover - Zika, Ebola and Beyond Diseases that leap from animals to humans are traced.		Frontline - The Trouble with Antibiotics Antibiotic use in food animals is examined.	
CPTV4U	Antiques Roadshow - Vintage New Orleans		Antiques Roadshow - Vintage Atlanta		Secrets of Henry VIII's Palace Hampton Court is explored.		Charlie Rose	
THU 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Fake or Fortune - A Mystery Old Master (See CPTV, Aug. 1 at 10 p.m.)		Vera, Season 5 - Changing Tides The death of a woman in a suspicious fire that ripped through a coastal park is investigated.			The Tunnel - Part 7 Police think they may have a lead as the killer's actions escalate.		This Old House
CPTV4U	History Detectives Mini-Marathon Catch three back-to-back episodes of the series that goes inside historic sites, artifacts, and tall tales from across the country with the help of an inquisitive team of fact-finders.						Charlie Rose	
FRI 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - The Green Man, Part 1 The canal tunnel collapses, revealing human bones.		Luther - Part 5 When an art dealer's wife is taken hostage at gunpoint, Luther leads the investigation.		Infinity Hall Live - Great Performances, Vol. 1 Celebrate five seasons of the hit music series.		Live at 9:30 The band Garbage and other music groups perform, as does comedian Hannibal Buress.	
CPTV4U	NOVA - Roman Catacomb Mystery (See CPTV, Aug. 3 at 9 p.m.)		Time Scanners - Colosseum The Colosseum's secrets are explored.		Rick Steves Special - Rome, Eternally Engaging		Charlie Rose	
SAT 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Joan Baez 75th Birthday Celebration* (Start: 7 p.m.) The legendary singer performs.		Royal Memories: Prince Charles' Tribute to the Queen Exclusive footage and photos are showcased.		The Royal Paintbox Charles, Prince of Wales, reveals a treasure trove of artistic work by his forebears.		Fake or Fortune - A Mystery Old Master (See CPTV, Aug. 1 at 10 p.m.)	
CPTV4U	Vera, Season 5 - Changing Tides (See CPTV, Aug. 4 at 9 p.m.)			Masterpiece Mystery! - Silk, Part 1 Two rival barristers under pressure to win cases attempt to backstab, outwit, and outdo one another.				The Tunnel - Part 7**



Munich '72 and Beyond Monday, August 1 at 10 p.m. on CPTV Sports

Watch a searing account of the kidnapping and murder of 11 Israeli athletes at the 1972 Summer Olympic Games in Munich. This striking documentary retells the story with personal interviews from those related to the murdered athletes and documents the building of a memorial more than 40 years later.



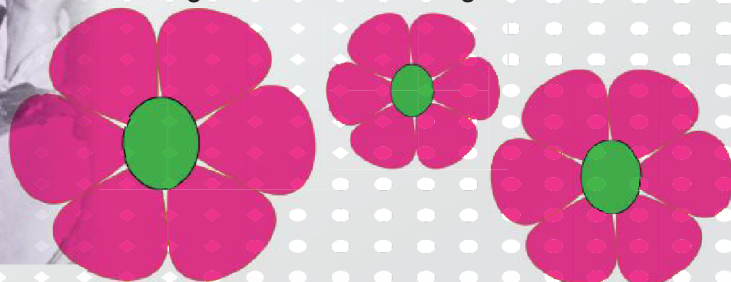
Prime Time | August 7-12

SUN 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Dancing on the Edge - Part 7 Lady Cremona becomes suspicious of Masterson's offer.		Inspector Lewis, Season 8 on Masterpiece - One for Sorrow Lewis and Hathaway investigate a body found in a well and the death of a young artist.			The Tunnel - Part 8 French police capture but then lose the prime suspect.		Luther - Part 5** (See CPTV, Aug. 5 at 9 p.m.)
CPTV4U	Infinity Hall Live - Great Performances, Vol. 1		Austin City Limits - Jason Isbell/ Neko Case		Soundstage - Jason Isbell		Bluegrass Underground	Sun Studio Sessions
MON 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage San Diego Highlights include a Dr. Seuss "Kangaroo Bird."		White House: The Inside Story Gain access to America's most iconic residence, a symbol of national history and an icon of democracy.				In Performance at the White House - Memphis Soul Al Green and others are honored.	
CPTV4U	Globe Trekker - Building England I		Globe Trekker - Building England II		Globe Trekker - North East England		Charlie Rose	
TUE 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The '60s in Connecticut Get a look at a turbulent decade through the eyes of Connecticut residents.		1964: American Experience Lyndon B. Johnson, Martin Luther King, Jr., and other prominent figures of 1964 are profiled.				Independent Lens - 1971** In 1971, citizens stole information on an illegal surveillance program.	
CPTV4U	The Great British Baking Show, Season 3 - Alternative Ingredients		Inspector Lewis, Season 8 on Masterpiece - One for Sorrow (See CPTV, Aug. 7 at 9 p.m.)			Vicious - Season 1, Part 6	Charlie Rose	
WED 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Invasion of the Killer Whales Killer whales and polar bears are now competing for prey.		Operation Maneater - Polar Bear Visit Canada's Hudson Bay, where polar bears are causing havoc.		Operation Maneater - Crocodile Learn the longevity secrets of this 70 million-year-old reptile.		Antiques Roadshow - Vintage San Diego (See CPTV, Aug. 8 at 8 p.m.)	
CPTV4U	Antiques Roadshow - Vintage San Diego		JFK: American Experience, Part 1 John F. Kennedy's rise to power, from his birth to his election as president in 1960, is examined.				Charlie Rose	
THU 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Secrets of the Manor House See how the Edwardian-era British titled class and their servants lived.		Vera, Season 5 - Old Wounds The remains of a teenage girl are found half-buried in a wood, sparking investigation into a 30-year-old mystery.			The Tunnel - Part 8 (See CPTV, Aug. 7 at 10:30 p.m.)		This Old House
CPTV4U	JFK & LBJ: A Time for Greatness		JFK: American Experience, Part 2 Kennedy's successes and failures in the White House and his assassination are explored.				Charlie Rose	
FRI 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - The Green Man, Part 2 (See CPTV, Aug. 5 at 8 p.m.)		Luther - Part 6 Framed for murder, Luther turns to Alice Reed, but can she be trusted?		Infinity Hall Live - Ani DiFranco The folk-rock icon performs "Shameless" and more.		Live at 9:30 The Arcs, the Jesus and Mary Chain, MS MR, and Frank Turner perform.	
CPTV4U	Leonardo's Dream Machines - Parts 1 & 2 The world's leading experts attempt to build some of Leonardo da Vinci's "dream machines."				Secrets of the Dead - Mona Lisa Mystery		Charlie Rose	



The Sixties in Connecticut Tuesday, August 9 at 8 p.m. on CPTV

Take an unflinching look at the turbulent and transformative 1960's through the eyes of Connecticut residents. Through interviews, historic still photographs, archival footage, and viewer-submitted home movies, this one-hour documentary chronicles the political upheaval, cultural transformation, and social changes in the state throughout the decade.



Prime Time | August 13-18

SAT 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Mary Tyler Moore: A Celebration This look at Mary Tyler Moore's career features clips and interviews.		Queen & Country - London: Royal City Visit Buckingham Palace and more.		Queen & Country - Royal Visit The Queen attends the Braemar Gathering in Scotland.		Secrets of the Manor House (See CPTV, Aug. 11 at 8 p.m.)	
CPTV4U	Vera, Season 5 - Old Wounds (See CPTV, Aug. 11 at 9 p.m.)			Masterpiece Mystery! - Silk, Part 2 (See CPTV4U, Aug. 6 at 9:30 p.m.)				The Tunnel - Part 8**
SUN 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Dancing on the Edge - Part 8 In flashbacks, hear Stanley's interviews with Louis, Jessie, and Carla.		Inspector Lewis, Season 8 on Masterpiece - Magnum Opus An alchemic image is found left at the scene of an Oxford dean's death.			The Tunnel - Part 9 Things take a nasty turn for Karl as police come close to catching the killer.		Luther - Part 6** (See CPTV, Aug. 12 at 9 p.m.)
CPTV4U	Infinity Hall Live - Ani DiFranco (See CPTV, Aug. 12 at 10 p.m.)		Austin City Limits - Los Lobos		Live From the Artists Den - Zac Brown Band		Live at 9:30 (See CPTV, Aug. 5 at 11 p.m.)	
MON 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage Miami Highlights include a 34-star Civil War flag.		The Charles W. Morgan The story of America's last wooden whaleship still in existence is told.		The Real McCoy The exploits of bootlegger Bill McCoy during the Prohibition era are revealed.		Prohibition: Connecticut Goes Dry Prohibition's impact on Connecticut is explored.	
CPTV4U	Koko: The Gorilla Who Talks (See CPTV, Aug. 3 at 8 p.m.)		My Wild Affair - The Ape Who Went to College		Globe Trekker - Delhi & Agra		Charlie Rose	
TUE 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Cosmonauts The story of the space race is told from the other side of the Iron Curtain.		Apollo Wives The wives of Apollo astronauts reveal their own personal stories.		Keys to the Sky: Pratt & Whitney's Mark on Aviation History		John Glenn: A Life of Service The life and career of astronaut and senator John Glenn are chronicled.	
CPTV4U	The Great British Baking Show, Season 3 - Pastry		Inspector Lewis, Season 8 on Masterpiece - Magnum Opus (See CPTV, Aug. 14 at 9 p.m.)			Vicious - Season 1, Part 7	Charlie Rose	
WED 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Secrets of the Dead - JFK: One Central Standard Time Coverage of JFK's assassination is examined.		NOVA - Cold Case JFK State-of-the-art forensic tools are used to look into Kennedy's assassination.		History Detectives Special Investigations - Who Killed Jimmy Hoffa?		Antiques Roadshow - Vintage Miami (See CPTV, Aug. 15 at 8 p.m.)	
CPTV4U	Antiques Roadshow - Vintage Miami		LBJ: American Experience, Part 1 The presidency of Lyndon B. Johnson and his mastery of the legislative process are highlighted.				Charlie Rose	
THU 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Great Houses with Julian Fellowes - The Burghley House Tour the English palace.		Vera, Season 5 - Muddy Waters The death of a John Doe found in the slurry pit of a remote Northumberland farm is investigated.			The Tunnel - Part 9 (See CPTV, Aug. 14 at 10:30 p.m.)		This Old House
CPTV4U	Bombs Away: LBJ, Goldwater & the 1964 Campaign That...		LBJ: American Experience, Part 2 (See CPTV4U, Aug. 17 at 9 p.m.)				Charlie Rose	



The Presidents: American Experience

All month long beginning
Wednesday, August 10 on CPTV4U

Take an in-depth look at the lives and careers of some of the most complex, enigmatic men who have held power in the Oval Office. Presidents featured include John F. Kennedy, Richard Nixon, and Ronald Reagan.



Prime Time | August 19-24

FRI 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Bad Tidings, Part 1 Sergeant Dan Scott arrives to work with Barnaby.		Luther - Part 7 Luther faces a surreal case of a masked murderer determined to enter into folklore.		Infinity Hall Live - Covered Beloved artists perform covers of classic songs.		Live at 9:30 Performances by Tove Lo, Cold War Kids, Youth Lagoon, and others are featured.	
CPTV4U	Nixon: American Experience The complex life, political career, presidency, and resignation of Richard Nixon are examined.						Charlie Rose	
SAT 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics Collection - All the Right Moves* (Start: 7:30 p.m.)		Queen & Country - The Queen's Possessions The Queen has some surprising possessions.		Queen & Country - Traveller In Perth, Australia, Queen Elizabeth is on tour.		Great Houses with Julian Fellowes - The Burghley House (See CPTV, Aug. 18 at 8 p.m.)	
CPTV4U	Vera, Season 5 - Muddy Waters (See CPTV, Aug. 18 at 9 p.m.)			Masterpiece Mystery! - Silk, Part 3 (See CPTV4U, Aug. 6 at 9:30 p.m.)				The Tunnel - Part 9**
SUN 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Secrets of Westminster A world of intrigue is explored behind the walls of the Houses of Parliament.		Inspector Lewis, Season 8 on Masterpiece - What Lies Tangled Lewis and Hathaway investigate a bomb attack that killed a mathematician.			The Tunnel - Part 10 Karl falls apart as the Truth Terrorist's change of direction becomes unbearable.		Luther - Part 7** (See CPTV, Aug. 19 at 9 p.m.)
CPTV4U	Infinity Hall Live - Covered (See CPTV, Aug. 19 at 10 p.m.)		Austin City Limits - Ryan Adams/Jenny Lewis		Great Performances - Annie Lennox: Nostalgia Live in Concert		Live at 9:30 (See CPTV, Aug. 12 at 11 p.m.)	
MON 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Vintage San Francisco Great discoveries include an Eskimo hunting helmet.		Antiques Roadshow - Vintage Indianapolis Highlights include an autographed electric guitar.		Railroad Man: The Life & Legend of Jay Gould A great entrepreneur of the 19th century is profiled.		History Detectives Special Investigations - Who Killed Jimmy Hoffa?	
CPTV4U	Nature - Nature's Miracle Orphans: Second Chances		Nature - Nature's Miracle Orphans: Wild Lessons		Globe Trekker - Food Hour: The Story of Chocolate		Charlie Rose	
TUE 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Secrets of the Dead - The Man Who Saved the World Follow the story of the B-59 Soviet submarine.		Cold War Roadshow: American Experience Khrushchev's 1959 tour across the U.S. is revisited.		Independent Lens - Trapped The contentious issue of abortion rights and the TRAP laws that are closing clinics are explored.			Charlie Rose: The Week
CPTV4U	The Great British Baking Show, Season 3 - Victorian		Inspector Lewis, Season 8 on Masterpiece - What Lies Tangled (See CPTV, Aug. 21 at 9 p.m.)			Vicious - Season 2, Part 1		Charlie Rose
WED 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Mysteries of the Coral Canyon Scientists and divers investigate how sharks and reefs are linked.		Sharks: The Big Five The tiger shark, hammerhead shark, and others are explored.		Operation Maneater - Great White Shark Get up close and personal with the great white.		Antiques Roadshow - Vintage Indianapolis (See CPTV, Aug. 22 at 9 p.m.)	
CPTV4U	Antiques Roadshow - Vintage San Francisco		Jimmy Carter: American Experience The ascent of an ambitious country boy from a peanut farm in Georgia to the Oval Office is traced.				Charlie Rose	



Sharks: The Big Five

Wednesday, August 24 at 9 p.m. on CPTV

Explore five of the ocean's biggest and most intimidating predators in this gripping documentary. Dive deep into the waters off the African coast for an insightful look at tigers, sand tigers, bulls, hammerheads, and great whites. By laying out the facts and debunking Hollywood myths, the documentary reveals a new side to these "villains" of the sea, showing why sharks play such a vital role in their environment.

Prime Time | August 25-31

THU 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Great Houses with Julian Fellowes - Goodwood House Visit the Dukes of Richmond's home.		Vera, Season 5 - Shadows in the Sky Secrets and lies unfold after the body of a family man plummets from a multi-story car park.			The Tunnel - Part 10 (See CPTV, Aug. 21 at 10:30 p.m.)		This Old House
CPTV4U	Reagan: American Experience, Parts 1 & 2** In 1988, after two terms in office, Ronald Reagan left the White House one of the most popular presidents of the 20th century — and one of the most controversial.							
FRI 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Bad Tidings, Part 2 (See CPTV, Aug. 19 at 8 p.m.)		Luther - Part 8 Luther must rescue Ripley in time to prevent Cameron's murderous set piece.		Infinity Hall Live - Melissa Etheridge P Etheridge performs "Come to My Window" and more.		Live at 9:30 P Vance Joy, Jess Glynne, the English Beat, and Waxahatchee perform.	
CPTV4U	George H. W. Bush: American Experience This biography examines the life and career of the 41st president, whose days in the Oval Office saw the fall of the Berlin Wall, race riots in L.A., and more.						Charlie Rose	
SAT 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Under the Streetlamp: Rockin' Round the Clock Celebrate the American Radio Songbook of the 1950s-1970s with this performance.			Summer, Surf & Beach Music We Love (My Music) Listen to the sun-drenched sounds of the greatest surf guitar rock and pop tunes by legendary artists.			Rhythm & Blues 40: A Soul Spectacular (My Music)	
CPTV4U	Vera, Season 5 - Shadows in the Sky (See CPTV, Aug. 25 at 9 p.m.)			Masterpiece Mystery! - Poirot, Season 12: The Big Four Poirot investigates a chess grandmaster's death.			The Tunnel - Part 10 (See CPTV, Aug. 21 at 10:30 p.m.)	
SUN 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	California Dreamin': The Story of the Mamas and the Papas (My Music) (Start: 7:30 p.m.)		I Miss Downton Abbey Revisit moments from the series, including new behind-the-scenes clips and interviews.			Eat Fat Get Thin with Dr. Mark Hyman The best-selling author presents a revolutionary new diet program based on the latest science.		
CPTV4U	Ethan Bortnick Live in Concert: The Power of Music The music prodigy performs for a crowd of thousands.			Infinity Hall Live - Melissa Etheridge		In Performance at the White House - Women of Soul		Sun Studio Sessions
MON 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Magic Moments: The Best of '50s Pop (My Music) Catch the happiest hits from the days of poodle skirts and penny loafers featuring singing sensations such as Patti Page and the Four Aces.				Suze Orman's Financial Solutions for You Learn from the expert how to manage money today and make smart choices toward a more economically secure tomorrow.			
CPTV4U	Desert Dreams: Celebrating 5 Years in the Sonoran Desert			Secrets of the Dead - The Lost Gardens of Babylon		Time Scanners - Petra The experts scan the ancient desert city.		Charlie Rose**
TUE 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Ethan Bortnick, Live in Concert: The Power of Music (See CPTV4U, Aug. 28 at 8 p.m.)			Visions of Italy: Southern Style Stunning aerial footage takes viewers on a seamless journey through the country.			On The Psychiatrist's Couch with Dr. Daniel Amen, MD	
CPTV4U	I Miss Downton Abbey (See CPTV, Aug. 28 at 9 p.m.)			Secrets of Highclere Castle Tour the setting of <i>Downton Abbey</i> .		Vicious - Season 2, Part 2		Charlie Rose
WED 31	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Under the Streetlamp: Rockin' Round the Clock (See CPTV, Aug. 27 at 8 p.m.)			California Dreamin': The Story of the Mamas and the Papas (My Music) (See CPTV, Aug. 28 at 7:30 p.m.)			Happily Ever Laughter: The Neuroscience of Romantic Relationships	
CPTV4U	Rick Steves' Europe - Travel Skills In this special, Steves provides tips on planning a trip, finding accommodations, staying safe, and more.				Antiques Roadshow - Vintage Pittsburgh		Charlie Rose	



Ethan Bortnick, Live in Concert: The Power of Music Tuesday, August 30 at 8 p.m. on CPTV

This captivating music special features the young composer, pianist, and entertainer in a powerhouse performance before an audience of over 2,000 fans. Accompanied by a 50-piece orchestra and the 120-member Kids Choir, the program includes an inspiring song list and special guests Damian McGinty of *Glee* and Celtic Thunder and Grammy-nominated vocalist Jane Monheit.



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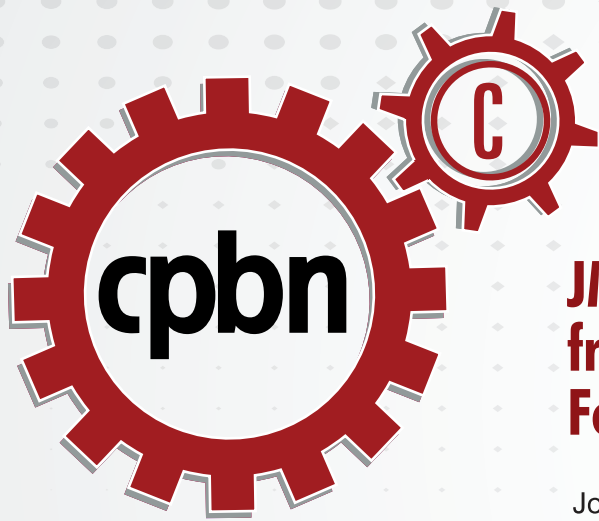
The Odd Squad Saves the Day This August on CPTV Kids



The Odd Squad is back in action this summer on CPTV Kids! In *Odd Squad: The Movie*, a rival group of adults called Weird Team arrive with a gadget that fixes any odd problem. As a result, the Odd Squad is run out of business! However, using math skills and teamwork, the kids discover that when it comes to these adults, there is more than meets the eye.

Odd Squad: The Movie premieres Monday, August 1 on CPTV Kids.





THE COMPANY

JMA Student Receives Grant from Alexander Franklin Foundation

Journalism and Media Academy (JMA) junior Mark Dooley recently received a grant from the Alexander Franklin Foundation supporting his attendance and participation in the 2016 New Balance Outdoor Nationals in Greensboro, North Carolina. An avid runner and four-time All American, Dooley qualified for the 100-meter and 200-meter dash competitions.

Pictured from left to right: CPBN President and CEO Jerry Franklin, Mark Dooley, and Ida Franklin.

Alexander Franklin

FOUNDATION





WNPR's *The Colin McEnroe Show* Honored By Public Radio News Directors Inc.

In June, WNPR's *The Colin McEnroe Show* was awarded first place in the "Interview" category by the Public Radio News Directors Inc. (PRNDI) at the organization's national conference. Awards are presented annually and represent achievement in public radio by stations and other outlets.



Colin McEnroe.
Photo by Chion Wolf

The winning episode, titled "Beyond Mark Twain: A Conversation With Hal Holbrook," aired in February 2015 on the eve of the legendary actor's 90th birthday and featured candid stories about his life and career.

"We had to make some special arrangements for Mr. Holbrook," said host Colin McEnroe. "[Producer] Betsy Kaplan booked him into a west coast studio and, because he likes a mid-day nap, we didn't start recording until about 8 p.m. The result was that he sounded refreshed, animated, and expansive. We're going to have all of our guests take pre-show naps from now on."

To listen to the award-winning episode, please visit wnpr.org.

Weekday afternoons during *All Things Considered*, WNPR explores Connecticut news headlines pertinent to our state and region.

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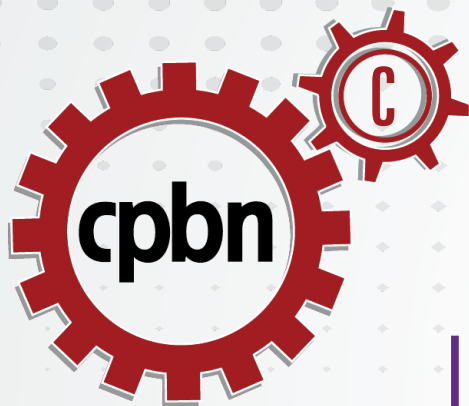
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IN THE COMMUNITY

WNPR Hosts 6th Annual Faith Middleton Food Schmooze® Martini Competition

In June, more than 600 guests enjoyed hand-crafted martinis and other treats at WNPR's 6th Annual Faith Middleton Food Schmooze® Martini Competition. Held at the Mashantucket Pequot Museum and Research Center, over 30 vendors competed in a variety of categories, and attendees voted on their favorites.

Congratulations to this year's winners!

Gold (The Official Martinis of The Faith Middleton Food Schmooze®)
Fuzzy Honey Bear Bite (Bear's Smoke House)
and Not Milk (Rooster Company)

Silver
Pow Wow (Max Burger)

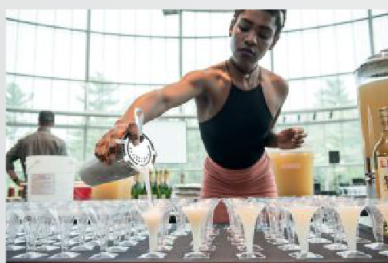
Best Craft Cocktail (as awarded by Anthony DeSerio)
Not Milk (Rooster Company)

Best Bubby Martini
Fuzzy Honey Bear Bite (Bear's Smoke House)

Best Veggie Martini
Not Milk (Rooster Company)

Best Dessert Cocktail
Rise & Shine (Hidden Still)

Best-Looking Cocktail
Lavender Lemon Drop (Tavern 1757)





Faith Middleton food schmooze® foodschmooze.org



Caramel Crème Brûlée

From Faith:

Food Schmooze® Senior Contributor Chris Prospero and I recently had dinner at the very charming Bar Bouchee in Madison, Connecticut. Dessert that night was a delicious pistachio crème brûlée. This got me thinking: Why don't more people put sea salt in crème brûlée? Inspired by our dessert (and Chris's favorite sea salt caramel gelato, which he claims he can eat tubs of), Chris created this caramel crème brûlée with a sea salt sugar "crust" on top. The caramel custard alone is beautiful—in both its texture and flavor—and the topping Chris dreamed up took the dessert to another level.

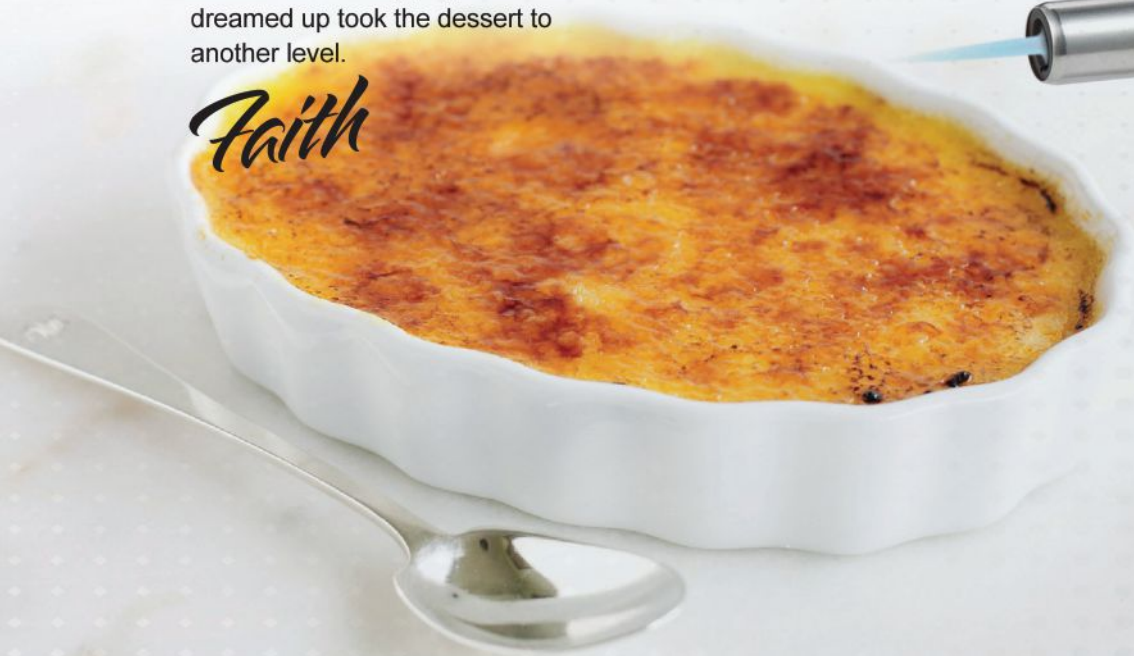
Faith

HOW TO MAKE IT:

1. Heat oven to 325°.
2. Put 1 cup of the sugar in a heavy bottom pot and cook over medium high heat until caramel colored. Remove from heat and let cool for 2-3 minutes. Whisk in cream and return to a simmer with the vanilla.
3. Place the eggs in a large mixing bowl and mix in the remaining 1/2 cup sugar. Then carefully whisk in the hot cream into the egg mixture. Transfer to 4 ounce ramekins, and place in a large roasting pan. Add hot water to the pan to cover half way up the ramekin.
4. Bake in a 325° oven for 25 to 30 minutes or until just set. Remove and let cool completely.
5. Top each ramekin with 3-4 tablespoons of sugar and caramelize with a kitchen torch. Serve once you've let the crackly tops set for a second or two.

INGREDIENTS:

- 1 ½ cups sugar, plus more for brûléeing
- 4 cups cream
- 12 egg yolks
- 1/2 teaspoon vanilla
- Coarse sea salt





The Birth of Smirnoff & American Vodka

THE DRINK FIRST ENTERED U.S. MARKETS THANKS TO A BETHEL DISTILLERY AND A HARTFORD BUSINESSMAN WHO INVENTED THE MOSCOW MULE

In the aftermath of the Russian Revolution, Rudolph Kunett fled his country for Connecticut. Here he would start a revolution of a different kind, one that would forever change American drinking habits.

"Smirnoff [vodka] was originally Russian, but the Smirnoff we've been drinking since the beginning has always been from the United States," says Vic Matus, author of *Vodka: How a Colorless, Odorless, Flavorless Spirit Conquered America*.

Around 1934 Kunett began producing Smirnoff at a building that is still standing near the train tracks at 77 South St. in Bethel. It was, as *The News-Times*, a local paper, reported at the time, "the only plant of its kind in the United States." Though vodka had been popular for centuries in Russia and surrounding countries, it had never been produced commercially in the U.S.

Smirnoff was founded in Moscow in 1864 by Pyotr Smirnov. In the late 1800s the vodka became a favorite of the Imperial Russian Court. But in the early 1900s, the political instability that had led Kunett to leave Russia also forced the Smirnoff company and family to flee. By the 1930s, when Kunett purchased the recipe and North American rights, the once-proud company was being run by Pyotr's son, Vladimir, and was in decline. But both Kunett and Vladimir felt the American market held many possibilities for the brand.

The April after Kunett opened, *The News-Times* paraphrased Smirnoff as saying that once "Americans become acquainted with the purity of vodka as Russian royalty knew it, they will prefer it to all other beverages."

Smirnoff was wrong. At first, anyhow.

"People didn't know what to do with it; people knew how to drink whiskey. But what is this clear, flavorless, odorless substance? No one had ever seen anything like this," says Matus.

It didn't help that Smirnoff's prestigious pedigree did little for Kunett. As *The New York Times* put it in 1995, "[Kunett] brought to Connecticut a great quantity of rubles and a patent to make Smirnoff, the



Above: The original U.S. home of Smirnoff vodka in Bethel. (ERIK OFGANG) **Left:** Modern and vintage Smirnoff vodka bottles. (COURTESY OF SMIRNOFF) **Below:** A clipping from the April 19, 1934, issue of the *The News-Times* announcing the plant's opening.

only vodka served at the Imperial Russian Court. Unfortunately, the rubles were worthless on the world market and the Imperial Russian Court did not provide much cachet because it no longer existed."

By the end of the 1930s, Kunett was struggling. That's when John Martin of Heublein Inc. in Hartford took notice. A small, family-run company, Heublein Inc. had specialized in imported alcohols prior to prohibition, but in the 1930s it was surviving thanks to the success of one product: A1 Steak Sauce.

Martin made Kunett an offer: He would purchase his vodka equipment for \$14,000, hire him and give him a royalty of 5 percent on each Smirnoff bottle sold for the next 10 years. Kunett accepted.

Unlike Kunett, Martin had an undeniable knack for sales. After initial shipments of vodka did surprisingly well in Columbia, South Carolina, Martin was determined to find out why. "We had a salesman down there and he had put up a great streamer: 'Smirnoff White Whiskey — No Smell, No Taste,'" Martin told the *Hartford Times* in 1964. "It was strictly illegal, of course, but it was going great. People were mixing it with milk and orange juice and whatnot."

This stroke of marketing genius turned criticisms of vodka, namely its lack of flavor and character, into its main selling points. Cocktails like the Bloody Mary (vodka and tomato juice) and the screwdriver (vodka and orange juice) became possible.

"You can put vodka in almost anything. You can't mix whiskey and tomato juice; that would be terrible," Matus says.

Martin also had a hand in spreading the beverage's reputation as a mixer. While visiting

Hollywood, he and a friend, Jack Morgan, who ran the restaurant the Cock-'n-Bull, devised a drink using Smirnoff vodka and ginger beer. They served it in an iron mug and called it the Moscow Mule.

Early in the Cold War, when opinions in the U.S. cooled toward Russia and its products, a group of New York City bartenders in a parade down Fifth Avenue carried a banner that read "Down with the Moscow Mule — We Don't Need Smirnoff Vodka." The parade made the front page of the *Daily News*, but Martin shrugged it off as a positive. When Heublein employees asked him what he would do, he responded, "Do! It was great," Martin said. "All the people who saw the sign were rushing into the bars to buy the drink."

Smirnoff's success paved the way for other vodka companies, including Grey Goose, which became a global vodka brand thanks to Norwich native Sidney Frank's promotional efforts.

Today, Smirnoff is owned by the British-based liquor giant Diageo, which has its North American headquarters in Norwalk. Despite whiskey and bourbon sales cutting into vodka market share, the drink of the czars continues to dominate hard liquor sales and Smirnoff remains the world's best-selling vodka, producing more than 9 million cases a year.

The 8,000-square-foot Bethel warehouse where it all started was for sale for \$525,000 as of July. "I've had a lot of people interested; they were talking about a microbrewery, another person looked at apartments," says its owner, John Verdi, who ran Verdi's Woodworking at the site throughout the 1990s and much of the 2000s. So far there's been no takers, and the birthplace of American vodka remains abandoned and largely forgotten. ■





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